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**BALANCED MEALS  
WITH  
CALORIE VALUES**



# BALANCED MEALS

WITH

# CALORIE VALUES

FOR THE ORDINARY HOUSEHOLD

BY  
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DIPLOMA, LONDON SCHOOL OF DIETETICS



*A man needs 3000 to 3500 calories per day*  
*A woman needs 2500 to 3000 calories per day*

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**TO**

**All housewives who are cooks, and all cooks  
who are not housewives ; and all those who  
have the responsibility of choosing and pre-  
paring food for the nourishment and health of  
the nation**





## PREFACE

THIS book has been written in answer to the often repeated questions, " What is a Balanced Meal ? " " What is a Calorie ? " " What do you mean by Protein, Fat and Carbohydrate, Salts, and Vitamins ? "

It is an attempt to bring the findings of the scientists and professors of Dietetics, on whose work this book is based, to the housewife and cook in the kitchen, where the science of Dietetics must necessarily be applied. It is not intended either as a scientific treatise or a treatise on cookery. Some recipes must necessarily appear so that the correct balance of the meals may be maintained. The menus are intended for the artisan and middle classes.

All materials have been bought in the open market and all recipes tried and proved.

It has been my endeavour to make the wording as simple as possible, and if I have only begun to show the relationship of our daily food to dietetics I shall be well rewarded.

In each meal the quantities of Protein, Fat, and Carbohydrate are given in grammes. Also included in each meal are the necessary Salts, Calcium, Phosphorus, and Iron, and the essential Vitamins.

To the London School of Dietetics, 1 Ridgmount St., W.C.1, whose Diploma I hold, I must express my grateful thanks for much valuable help in the publication of this book. Also my thanks are due to the firms who have graciously sent me the percentage composition of their products.

C. P. L. E.



# CONTENTS

	PAGE
PREFACE . . . . .	7
HOW TO BALANCE MEALS, AND WHY . . . . .	13
Simple explanations of the meaning of calorie, proteins, fats, carbohydrates, balance, roughage, salts, and vitamins—Menus—Various drinks: Water, alcohol, tea, coffee, cocoa, chocolate, beef tea, milk—Relative values and composition of various beverages and common foods—Abbreviations and quantities—Prices	
MEALS FOR THE DAY FOR ONE PERSON . . . . .	23
Food value, in grammes and calories, required each day by one person	
DAY'S MEALS FOR ONE . . . . .	24
Six examples of specimen day's meals with calorie value, food value, and cost	
BREAKFASTS FOR ONE . . . . .	29
Twenty-three breakfast menus with calorie value, food value and cost	
LUNCHES FOR ONE . . . . .	35
Nineteen lunch (alternatively supper) menus, with calorie value, food value, and cost	
DINNERS FOR ONE . . . . .	40
Thirty-five dinner menus with calorie value, food value, and cost	
LIGHT MEALS FOR ONE . . . . .	52
Menus giving calorie value, food value, and cost—Seven menus for easily digested meals—Seven menus for fish lunches—Seven salad menus—Fourteen menus for savoury snacks	
SUPPLEMENTARY RECIPES: VALUE AND COST . . . . .	60
Four puddings—Four sauces—Eleven soups—Seven cakes	
NOTES ON COOKERY . . . . .	65
Boiling—Roasting—Stewing and casserole cooking—Steaming—Frying—Raw foods—Freezing—Re-cooked meat—General principles	

	PAGE
RECIPES . . . . .	67
121 recipes with calorie value, food value, and cost:—	
I. Soups . . . . .	67
II. Sauces . . . . .	72
III. Fish . . . . .	76
IV. Meats . . . . .	76
V. Vegetables . . . . .	88
VI. Salads . . . . .	91
VII. Puddings and sweet dishes . . . . .	98
VIII. Savouries . . . . .	114
IX. Cakes . . . . .	117
REFERENCE LISTS FOR MENU MAKING . . . . .	122
Very cheap meals: best values for small cost (calorie values and costs)—Breakfasts—Dinners—Lunches or suppers—Vegetarian meals with calorie values—Breakfasts—Lunches or suppers—Salads—Snacks—Fruit breakfasts	
PRICES IN LONDON DISTRICTS, 1934-5 . . . . .	125
CONCLUSION . . . . .	129



**AN extract from a lecture given on the wireless and printed in "The Listener" of 3rd October, 1934, by Dr. Leslie Harris, Director of the Nutritional Laboratory at Cambridge, who discusses the need for education and planning in nutrition and says—**

**"Malnutrition, as we see, may be due to two causes. Firstly, people may have insufficient money to spend on food. Secondly, given enough money, they may have insufficient knowledge to buy the right food. And there is no use disguising the fact—the principal difficulty is the economic one."**

**I hope you may gain from this little book some knowledge of food values and of what foods to buy to get the greatest nourishment at the least cost.**

# BALANCED MEALS

## WITH

# CALORIE VALUES

### HOW TO BALANCE MEALS, AND WHY

"Now good digestion wait on appetite and health on both."

IT is not necessary here to give a technical definition of a calorie. This is not a scientific treatise for use in the laboratory but a book to be read in the kitchen, to help the housewife and cook to feed her family and keep them in health by not starving them of any of the essential elements contained in foods: that is, so that she may be able to balance the meals and give the greatest nourishment for the least cost, and, no less important, to know when she is overfeeding her family. Obesity would not occur so frequently if meals were balanced and the correct number of calories taken.

A Calorie is not a food or a part of a food, it is a measurement (as an inch or a yard is a measurement of wood or cloth). It is used here for the measurement of the heat, the energy, and body-building material produced when food is eaten by us, and burned (as it is chemically) inside us, by the fluids, acids, etc., which we know as digestion. Actually this burning is what keeps us warm, gives us energy to work and play, and repairs all parts of the body we wear out in working and playing; it also supplies growing material for children and young people.

A CALORIE is the measurement of energy, heat, and body-building material produced by the burning of food we eat and digest.

### FOR AVERAGE HEIGHT AND WEIGHT

	<i>Calories per Day</i>
A man needs about . . . . .	3000 to 3500
A woman needs about . . . . .	2500 to 3000
A child 14 to 17 years needs about . . . . .	2500 to 3800
A child 9 to 13 years needs about . . . . .	1900 to 3500
A child 3 to 8 years needs about . . . . .	1050 to 2300



Boys need rather more than girls.

Heavy workers and young people who play energetic games need a greater number of calories up to a maximum of—

5300 for a labourer

3500 for a washerwoman

Calorie values are approximate. This must be so ; because fruit, vegetables, and grain, grown in different districts, prepared and cooked under different conditions must vary slightly ; as also must animal foods for the same reason. But the main argument of balance remains the same.

Foods that produce energy, heat, and body building material are known as—

1. **PROTEINS**, or body building foods. These are required for growing children. Adults and old people need less. The expectant mother, for the growth of the coming child, and so for the health of the future generation, should include protein in a liberal, balanced diet, containing plenty of milk (see Page 19) and a little meat or fish ; and *not*, as is often the case when money is hard to find, unselfishly deny herself these things, for the sake of the rest of her family.

2. **FATS**, or fuel foods. These cannot be completely burned or digested without carbohydrates.

3. **CARBOHYDRATES**, or starch and sugar. These with the fats—speaking broadly—are the energy foods. Carbohydrates are required more by heavy workers.

<b>PROTEINS</b> (Body Building Foods) are found in—	<b>FATS</b> (Fuel Foods) are found in—	<b>CARBOHYDRATES</b> (Starch and Sugar) are found in—
<i>Dairy</i> Milk Eggs Cheese  <i>Meat</i> Lean Meat } fresh } chilled } frozen Liver Heart Kidney Rabbit Chicken Pork Bacon, etc.	Butter  <i>Fat of Meat</i> Suet Dripping Lard Cream Cheese Milk Eggs  <i>Fat of Fish</i> Herrings Mackerel Salmon	Sugar Bread  <i>Flour</i> White Wholemeal  <i>Oatmeal</i> Fine Coarse  <i>Root Vegetables</i> Potatoes Carrots Turnips Onions, etc.

PROTEINS	FATS	CARBOHYDRATES
<i>Fish</i> Herrings Bloaters Kippers Sprats	Fish Roe Olive Oil, etc.	<i>Dried Vegetables</i> Peas { Split Green Beans { Haricot Butter, etc.
<i>Fatty Fish</i> Eels Salmon		<i>Fresh Green Vegetables</i> Salads Fresh Fruit
<i>White Fish</i> Hake Cod Skate Sole, etc.		<i>Dried Fruit</i> Raisins Currants Sultanas Prunes Figs, etc.
<i>Vegetables</i> Beans { dried or Peas { fresh Lentils Carrots Nuts, etc.		Nuts Rice (unpolished) Tapioca Semolina Sago, etc.
		<i>Foods composed of Flour, Sugar and Dried Fruits</i> Biscuits Buns Cakes, etc.

These foods are given approximately in their order of value.  
*Milk is the nearest complete food in itself but it has no  
 Roughage.*

## BALANCE

All foods have their uses, none are perfect in themselves.  
 Perfect food can only be obtained by mixing the foods in the  
 correct proportion: that is what is meant by balance.

It has been judged that an average adult requires—

About 100 grammes of Protein per day.

About 100 grammes of Fat per day.

About 400 grammes of Carbohydrate per day.

## ROUGHAGE

There must also be included in the balanced diet for the day a certain amount of roughage: that is, indigestible material found in vegetable fibres, such as the fibres of cabbage, salads, and fruits, that helps to carry the foods along the digestive tubes and so keep the body clean and in working order.

## SALTS

These again are necessary for a balanced diet, the chief being calcium, phosphorus, and iron.

*Calcium* is necessary among other things for the formation of teeth and bone; to expectant mothers particularly, for the formation of teeth and bone in the unborn child. It is found in cheese, eggs, milk, and some vegetables and fruits, etc.

*Phosphorus* enters into the composition of the nerve tissues, and is found in many proteins, in the yolk of eggs, etc.

*Iron* is needed for making red blood to attract the oxygen in the air we breathe into the lungs, the blood then being carried to all parts of the body. It is found in egg yolk, watercress, oats, some nuts, etc.

Cooking salt contains another valuable salt, "to taste" being about the right proportion.

To preserve the balance of the meal the correct foods should be chosen. Salts exist in varying proportions in different foods; and although these salts exist in such small quantities, they are vitally necessary.

## VITAMINS

Vitamins have life-giving properties; they are to be found in certain foods (fresh vegetables, fruits, butter, cream, milk, liver, yeast, cod liver oil, halibut liver oil, etc.) and must be included in a balanced diet. They are found in very minute quantities and are essential to health.

The chief of those discovered have been named A, B<sub>1</sub> and B<sub>2</sub>, C, D, and E.

Vita- min	Use	Natural Source	Characteristics in Cooking
A	Promotion of growth. Resistance to infectious disease. Prevention of eye troubles.	Green Vegetables, Tomatoes, Butter, Cream, Carrot, Liver, Kidney, Cod Liver Oil.	Resists heat. Not destroyed by cooking.

Vitamin	Use	Natural Source	Characteristics in Cooking
B	Promotion of growth. Prevention of skin and nerve trouble, anaemia, and constipation.	Wheat Germ, Brown Bread, Barley, unpolished Rice, Brewers' Yeast, Marmite, Eggs, Milk, Liver, Kidney, Green Vegetables, Dried Peas, Beans, and Lentils.	Resists heat. Not destroyed by cooking.  Destroyed if cooked with soda.
C	Prevention of scurvy.	Fresh Fruits and Salads, Oranges, Lemons, Pine-apple, Tomatoes, Green Vegetables, Swedes.	Destroyed by heat or cooking with soda. Carefully tinned fruit and vegetables, particularly pine-apple and tomatoes, retain a fair amount of Vitamin C.
D	Prevention of rickets and defective teeth.	Cod Liver Oil, Halibut Liver Oil, Milk, Butter, Eggs, Beef Suet. Exposure of the body to sunlight. Cows' milk is richer in Vitamin D in summer.	Unaffected by heat or cooking.
E	A help to the expectant and nursing mother.	Milk and Green Vegetables.	Unaffected by heat or cooking.

If, therefore, meals are balanced and the correct number of calories taken, many illnesses may be avoided.

## MENUS

The menus of balanced meals are set out. From the recipes a number of other menus may be selected, keeping to the correct number of grammes of Protein, Fat, and Carbohydrate, and amounting to the number of calories required.

If a larger or smaller meal is needed, each item of the meal should be increased or decreased in the same proportion.

The three or four meals then make about 100 grammes Protein, 100 grammes Fat, and 400 grammes Carbohydrate for the day, and total number of calories required (see Page 13).

Carbohydrate grammes should be at least twice the number of Fat grammes at any one meal: if the fat is too high there will be a feeling of sickness.

Salts and Vitamins are included in all the dishes. Quantities are for the edible portion (Specimen Day's Meals, Pages 24-28).

Judgment must be used in the choice of foods for young children, invalids, and old people.

## DRINKS

Drinks have not been included in many of the menus. Following is a list with calorie values and composition. Include in the meal the drink that gives that part of the food that is required most; that is to say, if it is a meal high in fat, cocoa or chocolate should not be taken, but rather a drink that has more carbohydrate—a fruit drink or tea, including sugar. Tea or coffee should not be taken, however, with high protein meals.

## WATER

Water has no calorie value, but is necessary for health. 4 to 6 glasses a day should be taken, some of which will be taken in tea, coffee, cocoa, fruit drinks, beers, spirits, and wines, as these all contain water. Life will not continue for more than about 3 days without water in some form.

## ALCOHOL

Alcohol acts as a stimulant. Alcoholic drinks give high calorie values but most of these are used as energy, few go to body building. Broadly speaking the purer the alcohol—as in spirits—the more calories go in energy. The more fruit juices that go to their making the nearer they are in food value to fruit drinks. There are times when alcohol promotes appetite and aids digestion; but if taken over a certain quantity (which varies in different people) it delays digestion and acts in much the same way as a poison.

## TEA AND COFFEE

These have no calorie value but are taken for their stimulating effect and flavour. Tea should be made with freshly boiled water and left to infuse for only 5 minutes, then poured off into another pot to keep hot. Milk and sugar taken with tea have calorie value.

## COCOA AND CHOCOLATE

These have a food value according to the amount of fat that is left in the powder as bought, and to the amount of milk and sugar added.

All drinks that act as stimulants should be taken in moderation.

## BEEF TEA

This has no calorie value and practically no nourishment value. It has only flavour.

## MILK

Milk should be used more as a food than as a drink, and should be one of the chief sources of nourishment for all people. It may be taken in any form: cold, hot, flavoured with tea, coffee, chocolate, etc., or in the form of milk puddings, flavoured with lemon, chocolate, or any other flavouring; in sauces, soups, blancmanges, custards, Jellies, etc. Butter, also, which is made from the cream of milk, should be used liberally. It gives about 3,800 calories to the pound. Being all fat, it must be used with a great deal of food that comes under the heading of Carbohydrates (Pages 14, 15).

*Economy in milk and butter is false economy.*

## CALORIE VALUES AND COMPOSITION OF BEVERAGES

Drink			Approximate Calories	Approximate Grammes	
Water			0		0
Milk	1 glass	$\frac{1}{2}$ pt.	200	Protein	10
				Fat	12
				Carbo- hydrate	14
Beer	1 glass	$\frac{1}{2}$ pt.	122	Solids	Protein, etc.
				Alcohol	Carbo- hydrate
Stout	1 glass	$\frac{1}{2}$ pt.	142	Solids	Protein, etc.
				Alcohol	Carbo- hydrate
Cider	1 glass	$\frac{1}{2}$ pt.	125	Alcohol a trace	Carbo- hydrate
Port	1 glass	2 oz.	67	Alcohol	Carbo- hydrate
Champagne	1 glass	5 oz.	201	Alcohol	Carbo- hydrate
Whisky		3 oz.	205	Alcohol	Carbo- hydrate
Lemon Juice		2 oz.	22		Carbo- hydrate 6
Orange Juice		2 oz.	24		Carbo- hydrate 6
Tea			0		0
Coffee			0		0
Cocoa, un- sweetened		1 oz.	141	Protein	6
				Fat	8
				Carbo- hydrate	10
Chocolate, un- sweetened		1 oz.	173	Protein	3
				Fat	13
				Carbo- hydrate	8
Chocolate, sweetened, average milk		1 oz.	156	Protein	2
				Fat	9
				Carbo- hydrate	14

# CALORIE VALUES AND COMPOSITION OF COMMON FOODS

	Approximate Calories	Approximate Grammes
Bread, white, 1 slice tin loaf, $\frac{1}{2}$ in. thick	92	Protein 3 Fat — Carbo- hydrate 19
*Bread, brown, 1 slice tin loaf, $\frac{1}{2}$ in. thick	87	Protein 3 Fat — Carbo- hydrate 18
Potato, 1 tbsp. boiled, about 1 oz.	24	Protein 1 Fat — Carbo- hydrate 5
Butter, 1 tbsp.	436	Protein 1 Fat 48 Carbo- hydrate —
Sugar, 6 lumps.	100	Protein — Fat — Carbo- hydrate 25
Cheese, cheddar, 1 inch cube.	130	Protein 8 Fat 10 Carbo- hydrate 1
Cream, thick, 1 tbsp., about $\frac{1}{2}$ oz.	54	Protein — Fat 6 Carbo- hydrate —
Egg, average (2 oz.)	84	Protein 6 Fat 6 Carbo- hydrate —
Flour, 1 tbsp.	100	Protein 3 Fat — Carbo- hydrate 21

\* Contains vitamin B.

Condiments and flavouring essences may be added, but they have no appreciable calorie value.



## ABBREVIATIONS AND QUANTITIES

E.P., Edible Portion.  
 tbsp., Tablespoonful.  
 dsp., Dessertspoonful.  
 tsp., Teaspoonful.

- 1 heaped tablespoonful = 1 solid ounce, approx.  
 2 tablespoonfuls = 1 liquid ounce.  
 1 heaped tablespoonful is equal to about 1 oz. cooked vegetables, puddings, etc.  
 1 tablespoonful is equal to about 2 oz. butter, golden syrup, fats, etc.

In the following menus, lists, and recipes—

- Bread 2 slices, tin loaf,  $\frac{1}{2}$  in. thick =  $2\frac{1}{2}$  oz. approx.  
 Meat 1 slice  $4 \times 2 \times \frac{1}{2}$  in. thick = 1 oz. approx.  
 Cheese 1 cube  $1 \times 1 \times 1$  in. = 1 oz. approx.  
 Celery  $\frac{1}{4}$  head = 3 oz. approx.  
 Orange 1 medium (E.P.) weighs 4 oz. approx.  
 Banana 1 medium (E.P.) weighs 3 oz. approx.  
 Lemon 1 medium yields 2 tbsp. or about 1 oz. Juice.  
 Orange 1 medium yields 5 tbsp. or about  $2\frac{1}{2}$  oz. Juice.  
 Butter 1 dsp. weighs about 1 oz.

*As purchased—*

- Apple 1 medium weighs about 4 oz.  
 Potato 1 medium weighs about 5 oz.

## PRICES

The prices given here are the lowest and highest according to the district and season, and include the bone of meat and unavoidable waste (the peel of fruit and the outside leaves of vegetables, etc.). For fish, chicken, duck, and rabbit the edible portion is about half the weight as purchased.

## MEALS FOR THE DAY FOR ONE PERSON

The food consumed each day by one person should contain—

ABOUT 100 GRAMMES PROTEIN

ABOUT 100 GRAMMES FAT

ABOUT 400 GRAMMES CARBOHYDRATE

and should amount to

the number of

CALORIES

suitable to the person for whom it is intended

(see list Page 13)

*Note. Calorie and gramme values have been worked out to the nearest whole number.*

## SPECIMEN DAY'S MEALS, 1

## BREAKFAST 17 (Page 33)

	Calories	Grammes
Grape-fruit		Protein 27
Fried Plaice	565	Fat 16
Toast, Butter, and Honey		Carbo- hydrate 79
Tea or Coffee		Protein 5
Milk $\frac{1}{2}$ pt.	167	Fat 6
Sugar, 4 lumps		Carbo- hydrate 26

COST 10 $\frac{1}{2}$ d.-1s. 2 $\frac{1}{2}$ d.

## LUNCH 3 (Page 35)

Grilled Kidneys and Chips		Protein 31
Fruit Whip	1324	Fat 76
Lemonade, Bread		Carbo- hydrate 129

COST 6 $\frac{3}{4}$ d.-8 $\frac{1}{2}$ d.

## DINNER 34 (Page 51)

Roast Leg Lamb, Mint Sauce		Protein 32
Potatoes, Runner Beans	604	Fat 18
Orange and Custard		Carbo- hydrate 78
Bread		Protein 2
Coffee		Fat 3
5 tbsps., Milk	84	Carbo- hydrate 13
Sugar, 2 lumps		

COST 5 $\frac{1}{4}$ d.-7 $\frac{3}{4}$ d.

## TOTAL FOR THE DAY

COST 1s. 11d.-2s. 6 $\frac{1}{4}$ d.	CALORIES	2744	Protein 97
			Fat 119
			Carbo- hydrate 325

Note. Bread and Potatoes may be taken in larger quantities and will give a correspondingly higher value for the day.

## SPECIMEN DAY'S MEALS, 2

## BREAKFAST 5 (Page 30)

	Calories	Grammes
Cereal, Cream, and Apple	862	Protein 15
Toast, Butter, and Marmalade		Fat 38
		Carbo- hydrate 116
Milk or } $\frac{1}{2}$ pt. Milk	200	Protein 10
Coffee		Fat 12
		Carbo- hydrate 14

COST 5 $\frac{1}{4}$ d.-6 $\frac{1}{4}$ d.

## LUNCH 19 (Page 39)

	Calories	Grammes	
Macaroni Cheese, Vita Weat		Protein	14
Butter	548	Fat	26
Strawberries		Carbo- hydrate	65
Orange Juice Drink, 6 oz.	72	Protein	—
		Fat	—
		Carbo- hydrate	18
COST 5d.-6d.			

## DINNER 32 (Page 50)

Veal Cutlet, Potato Croquettes		Protein	39
Spinach	739	Fat	20
Pears and Junket		Carbo- hydrate	102
Bread		Protein	—
Lemon Juice, 2 oz., and		Fat	—
Sugar $\frac{1}{2}$ oz. (add Water)	76	Carbo- hydrate	19
COST 10 $\frac{1}{2}$ d.-1s. 0 $\frac{1}{2}$ d.			

## TOTAL FOR THE DAY

COST 1s. 9d.-2s. 1 $\frac{1}{2}$ d.	CALORIES	2497	Protein	78
			Fat	96
			Carbo- hydrate	334

## SPECIMEN DAY'S MEALS, 3

## BREAKFAST 9 (Page 31)

	Calories	Grammes	
Porridge		Protein	23
Egg	746	Fat	27
Toast, Butter, and Marmalade		Carbo- hydrate	104
Tea or Coffee	167	Protein	5
$\frac{1}{4}$ pt. Milk, 4 lumps sugar		Fat	6
		Carbo- hydrate	26
COST 3 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.			

## LUNCH 17 (Page 39)

Fish Pie, Canadian Salad	572	Protein	22
Bread and Butter		Fat	22
		Carbo- hydrate	71
Coffee, 5 tbsp. Milk	84	Protein	2
2 lumps sugar		Fat	3
		Carbo- hydrate	13
COST 5d.-8d			

## DINNER 6 (Page 42)

	Calories	Grammes
Orange, Roast Beef,		Protein 29
Yorkshire Pudding, Potatoes (roast)	1277	Fat 83
Brussels Sprouts		Carbo-
Apple Pie and Custard		hydrate 103
Lemon Juice, 2 oz., and	76	Protein —
Sugar $\frac{1}{2}$ oz. (add Water)		Fat —
		Carbo-
		hydrate 19

COST 8d.-1s. 1 $\frac{1}{2}$ d.

## TOTAL FOR THE DAY

COST 1s. 4 $\frac{1}{2}$ d.-2s. 2 $\frac{1}{2}$ d.	CALORIES 2922	Protein 81
		Fat 141
		Carbo-
		hydrate 336

SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, 1

## BREAKFAST 2 (Page 29)

	Calories	Grammes
Toast and Dripping	970	Protein 17
		Fat 59
		Carbo-
		hydrate 93
Tea, 1 oz. milk	45	Protein 1
$\frac{1}{2}$ oz. sugar		Fat 1
		Carbo-
		hydrate 9

COST 1 $\frac{1}{2}$ d.-2d.

## DINNER 1 (Page 40)

Beef Stew, Dumplings, and Potatoes		Protein 43
Fruit	1423	Fat 50
Water to drink		Carbo-
		hydrate 200

COST 4d.-5d.

## SUPPER (Lunch 7, Page 36)

Cauliflower and Cheese Sauce		Protein 30
Bread and Butter	1014	Fat 57
Orange		Carbo-
		hydrate 95
Cocoa, $\frac{1}{2}$ tsp., 1 oz. milk,	59	Protein 2
$\frac{1}{2}$ oz. sugar		Fat 2
		Carbo-
		hydrate

COST 5d.-8d.

DAY'S MEALS FOR ONE

27

TOTAL FOR THE DAY

COST 10½d.-1s. 3d.

CALORIES 3511

Protein 93  
Fat 169  
Carbo-  
hydrate 407

SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, 2

BREAKFAST 20 (Page 34)

	Calories	Grammes
Fried Onions, Bacon, Bread	467	Protein 11 Fat 27 Carbo- hydrate 46
Tea, Milk 1 oz. Sugar ¼ oz.	45	Protein 1 Fat 1 Carbo- hydrate 9
COST 2½d.-2¾d.		

DINNER 4 (Page 41)

Meat Pudding, Potatoes, Greens		Protein 51
Orange or other Fruit	1394	Fat 66
Water to drink		Carbo- hydrate 149
COST 5½d.-8½d.		

SUPPER (LUNCH 2, Page 35)

Parsnip Rissole, Boiled Rice	914	Protein 20
Fruit Fool		Fat 42
		Carbo- hydrate 114
Cocoa ½ tsp., 1 oz. Milk, ¼ oz. Sugar	59	Protein 2 Fat 2 Carbo- hydrate 10
COST 5d.-7½d.		

TOTAL FOR THE DAY

COST 1s. 0½d.-1s. 6½d.

CALORIES 2879

Protein 85  
Fat 138  
Carbo-  
hydrate 328

**SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, 3**

**BREAKFAST 14 (Page 32)**

Bacon and Fried Bread	Calories 673	Grammes Protein 16 Fat 34 Carbo- hydrate 65
Tea, 1 oz. milk $\frac{1}{4}$ oz. Sugar	45	Protein 1 Fat 1 Carbo- hydrate 9
COST 2d.-2 $\frac{1}{2}$ d.		

**DINNER 5 (Page 41)**

Boiled Beef and Carrots	1295	Protein 51
Dumplings, Potatoes		Fat 61
Fruit		Carbo- hydrate 136
Water to drink		
COST 4 $\frac{1}{2}$ d.-6 $\frac{1}{2}$ d.		

**SUPPER (Fish Lunch 2, Page 54)**

Fresh Herring and Sauce	514	Protein 21
Bread and Butter		Fat 28
		Carbo- hydrate 45
Cocoa, $\frac{1}{2}$ tsp., milk 1 oz.	59	Protein 2
Sugar $\frac{1}{2}$ oz.		Fat 2
		Carbo- hydrate 10
COST 3 $\frac{1}{2}$ d.-4 $\frac{1}{2}$ d.		

**TOTAL FOR THE DAY**

COST 10d.-1s. 1 $\frac{1}{2}$ d.	CALORIES 2586	Protein 91
		Fat 126
		Carbo- hydrate 265

## BREAKFASTS FOR ONE

The food value, quantity, and costing have been worked out for one person, but may easily be adapted for any number. However, generally speaking, for large numbers quantity and costing will be somewhat less per head.

Homely Measure	Edible Portion	Calories	Grammes
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## BREAKFAST 1

3 Figs	2½ oz. Figs	1036	Protein 26 Fat 32 Carbo- hydrate 160
	1 Egg (boiled)		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
1 tsp.	½ oz. Butter		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		
1 dsp.	1 oz. Marmalade		
1 tsp.	½ oz. Butter		

## COST

2½d.-4½d.

## BREAKFAST 2

Tin loaf (4 slices each ½ in. thick)	5 oz. Toast	970	Protein 17 Fat 59 Carbo- hydrate 93
1 tbsp.	2 oz. Dripping		

## COST

1d.-1½d.

## BREAKFAST 3

1 tsp.	½ oz. Sugar	926	Protein 21 Fat 54 Carbo- hydrate 89
3 tbsp.	3 oz. Stewed Apple		
1½ rashers (small)	1½ oz. Bacon—Back		
1 sausage	2 oz. Sausage		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		
1 dsp.	1 oz. Honey		

## COST

3½d.-4d.



Homely Measure	Edible Portion	Calories	Grammes
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## BREAKFAST 4

2 Bananas	6 oz. Banana	922	Protein 14 Fat 38 Carbo- hydrate 131
2 tbsp.	1 oz. Cream		
4 tbsp.	1 oz. Force		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast		
1 dsp.	1 oz. Butter		
1 dsp.	1 oz. Marmalade		

## COST

6d. to 7½d.

## BREAKFAST 5

1½ cakes	1½ oz. Shredded Wheat	862	Protein 15 Fat 38 Carbo- hydrate 116
2 tbsp.	1 oz. Cream		
1 medium	4 oz. Apple (raw) or Berries in season		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast		
1 dsp.	1 oz. Butter		
1 dsp.	1 oz. Marmalade		

## COST

5d.-6d.

## BREAKFAST 6

5 prunes	2 oz. Prunes (stewed)	839	Protein 23 Fat 44 Carbo- hydrate 88
2 rashers (small)	2 oz. Bacon (fried)		
	1 Egg (fried)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast		

## COST

3½d.-6½d.

## BREAKFAST 7

1½ cakes	1½ oz. Shredded Wheat	823	Protein 20 Fat 36 Carbo- hydrate 106
6 tbsp.	3 oz. Milk		
1 rasher (small)	1 oz. Bacon (fried)		
1 tbsp.	1 oz. Tomatoes (fried)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast		
1 tsp.	½ oz. Butter		
1 dsp.	1 oz. Golden Syrup		

## COST

3½d.-4½d.

Homely Measure	Edible Portion	Calories	Grammes
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## BREAKFAST 8

4 tbsp.	1 oz. Allenbury's Cereal	766	Protein 20 Fat 29 Carbo- hydrate 106
$\frac{1}{4}$ Recipe 65	Apple and Orange Salad		
4 tbsp.	2 oz. Top of Milk		
$\frac{1}{2}$ Pint	5 oz. { Coffee Milk		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		
1 tsp.	$\frac{1}{2}$ oz. Butter		

## COST

4d.-4 $\frac{1}{2}$ d.

## BREAKFAST 9

$\frac{1}{4}$ Recipe 99	5 oz. Porridge	746	Protein 23 Fat 27 Carbo- hydrate 104
	1 Egg (poached or boiled)		
Tin loaf (1 slice, $\frac{1}{2}$ in. thick)	1 $\frac{1}{2}$ oz. Toast		
1 $\frac{1}{2}$ tsp.	$\frac{3}{4}$ oz. Butter		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		
1 dsp.	1 oz. Marmalade		

## COST

2 $\frac{1}{2}$ d.-4 $\frac{1}{2}$ d.

## BREAKFAST 10

$\frac{1}{4}$ Recipe 64	Grape-fruit and Cherry Salad	738	Protein 11 Fat 36 Carbo- hydrate 92
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		
1 dsp.	1 oz. Butter		
1 dsp.	1 oz. Marmalade		
1 tbsp.	$\frac{1}{2}$ oz. Cream		

## COST

4 $\frac{3}{4}$ d.-9d.

Homely Measure	E.P.	Calories	Grammes
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## BREAKFAST 11

6 tbsp.	1½ oz. Kellogg's Corn-flakes		
6 tbsp.	3 oz. Milk		Protein 36
4 oz. fish	2 oz. Bloater or Kipper	725	Fat 26
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		Carbo-hydrate 88
1 tsp.	½ oz. Butter		

## COST

3½d.-4½d.

## BREAKFAST 12

2 pieces	3 oz. { Pears tinned		
	1 tbsp. { Bemax		
6 tbsp.	3 oz. Milk		Protein 23
	1 Egg (scrambled)		Fat 36
Size of 1 egg	2 oz. Tomato	706	Carbo-hydrate 73
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		
1 dsp.	1 oz. Butter		

## COST

4½d.-8½d.

## BREAKFAST 13

3 slices of Recipe 27, each 4 in. × 2 in. × ¼ in.	3½ oz. Ham Roll		Protein 29
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast	680	Fat 34
1 tsp.	½ oz. Butter		Carbo-hydrate 65
1 small	3 oz. Orange		

## COST

5½d.-7½d.

## BREAKFAST 14

1 small rasher	1 oz. Bacon (fried)		Protein 16
Tin loaf (2 slices each ½ in. thick)	2½ oz. Fried Bread	673	Fat 34
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		Carbo-hydrate 75

## COST

1½d.-2d.

Homely Measure	E.P.	Calories	Grammes
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## BREAKFAST 15

$\frac{1}{2}$ Recipe 114	Pineapple Toast		Protein 11
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Toast (brown)	628	Fat 26
1 dsp.	1 oz. Butter }		Carbo-hydrate 88
$\frac{1}{2}$ tsp.	$\frac{1}{4}$ oz. Treacle }		

## COST

2 $\frac{1}{4}$ d.-3 $\frac{1}{2}$ d.

## BREAKFAST 16

6 tbsp.	1 tbsp. Bemax		
1 medium	3 oz. Milk		Protein 15
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	4 oz. Apple (raw)	612	Fat 18
1 tsp.	$2\frac{1}{2}$ oz. Toast		Carbo-hydrate 98
1 dsp.	$\frac{1}{2}$ oz. Butter		
	1 oz. Marmalade		

## COST

3d.-3 $\frac{3}{4}$ d.

## BREAKFAST 17

$\frac{1}{2}$ grape-fruit	3 oz. Grape-fruit		Protein 27
$\frac{1}{2}$ lb. fish	4 oz. Plaice (fried)		Fat 16
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Toast	565	Carbo-hydrate 79
1 tsp.	$\frac{1}{2}$ oz. Butter		
1 dsp.	1 oz. Honey		

## COST

9 $\frac{1}{2}$ d.-1s. 1 $\frac{1}{4}$ d.

## BREAKFAST 18

4 tbsp.	1 oz. Tribrek		Protein 9
$\frac{1}{4}$ Recipe 55	Apple and Date Salad	547	Fat 27
1 tbsp.	$\frac{1}{2}$ oz. Cream		Carbo-hydrate 68
3 pieces	1 oz. Vita Weat		
1 tsp.	$\frac{1}{2}$ oz. Butter		

## COST

4 $\frac{1}{2}$ d.-6d.

Homely Measure	E.P.	Calories	Grammes
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## BREAKFAST 19

1 small	3 oz. Orange		Protein 30
4 oz. fish	2 oz. Kipper or Bloater	547	Fat 22
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		Carbo- hydrate 57
1 tsp.	$\frac{1}{2}$ oz. Butter		

## COST

2 $\frac{1}{2}$ d.-3 $\frac{1}{2}$ d.

## BREAKFAST 20

1 medium	3 oz. Onion (fried)		Protein 11
$\frac{1}{2}$ tsp.	$\frac{1}{4}$ oz. Dripping	467	Fat 27
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 46
1 small rasher	1 oz. Bacon		

## COST

1 $\frac{3}{4}$ d.-2 $\frac{1}{4}$ d.

## BREAKFAST 21

1 rasher (small)	1 oz. Bacon (fried)		Protein 17
	1 Egg (fried)	446	Fat 25
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 37

## COST

2 $\frac{1}{4}$ d.-3 $\frac{1}{4}$ d.

## BREAKFAST 22

4 oz. fish	2 oz. Bloater or Kipper		Protein 28
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	403	Fat 16
$\frac{1}{2}$ tsp.	$\frac{1}{4}$ oz. Butter		Carbo- hydrate 37

## COST

2d.-2 $\frac{3}{4}$ d.

## BREAKFAST 23

6 oz. fish	3 oz. Smoked Haddock		Protein 26
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (Hovis)	347	Fat 13
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 30

## COST

2 $\frac{1}{2}$ d.-6d.

## LUNCHES FOR ONE

Here again, though the meals are worked out for one person, they are equally suitable for large numbers.

Homely Measure	Edible Portion	Calories	Grammes
<b>LUNCH 1</b>			
$\frac{1}{4}$ Recipe 45	Leeks and Sauce		Protein 36
$\frac{1}{4}$ Recipe 89	Mixed Fruit		Fat 70
4 tbsp.	Pudding		Carbo- hydrate 176
	2 oz. Orange Juice	1476	
	(add water)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
4 $\frac{1}{4}$ d.-6 $\frac{1}{4}$ d.			
<b>LUNCH 2</b>			
$\frac{1}{4}$ Recipe 48	Parsnip Rissoles		Protein 32
$\frac{1}{4}$ Recipe 100	6 oz. Boiled Rice	1171	Fat 56
$\frac{1}{4}$ Recipe 85	Damson Fool,		Carbo- hydrate 137
	Currant, Pine- apple, or Black- berry Fool		
	$\frac{1}{2}$ oz. { Ovaltine		
	10 oz. { Milk		
<b>COST</b>			
6 $\frac{1}{2}$ d.-9d.			
<b>LUNCH 3</b>			
$\frac{1}{4}$ Recipe 29	Kidney (grilled) and Potato Chips		Protein 31
$\frac{1}{4}$ Recipe 90	Raspberry Fruit Whip	1324	Fat 76
2 tbsp.	1 oz. { Lemon Juice		Carbo- hydrate 129
	(add Water)		
1 dsp.	$\frac{1}{2}$ oz. { Sugar		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
<b>COST</b>			
6 $\frac{3}{4}$ d.-8 $\frac{1}{4}$ d.			

Homely Measure	E.P.	Calories	Grammes
LUNCH 4			
3 tbsp.	2½ oz. Baked Beans	1267	Protein 27
Tin loaf (1 slice ½ in. thick)	1½ oz. Toast		Fat 55
½ Recipe 71	Apple Dumpling		Carbo- hydrate 166
	4 oz. { Coffee { Milk		
COST			
4½d.-6d.			
LUNCH 5			
Tin loaf (4 slices each ½ in. thick)	5 oz. Bread (white)	1149	Protein 25
1 dsp.	1 oz. Butter		Fat 64
1 large	3 oz. Sausage (pork: cold or hot)		Carbo- hydrate 80
1 large	4 oz. Tomato (cold or hot)		
½ pt.	½ pt. Beer		
COST			
7¾d.-1s. 1¾d.			
LUNCH 6			
½ Recipe 60	Celery and Nut Salad	1034	Protein 17
½ Recipe 95	Marmalade Pudding		Fat 57
½ Recipe 15	Marmalade Sauce		Carbo- hydrate 114
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
1 tsp.	½ oz. Butter		
COST			
3¾d.-5½d.			
LUNCH 7			
½ Recipe 45	Cauliflower and Cheese Sauce	1014	Protein 30
Tin loaf (3 slices each ½ in. thick)	3¾ oz. Bread (white)		Fat 57
1 dsp.	1 oz. Butter		Carbo- hydrate 95
1 large	5 oz. Orange		
COST			
4½d.-7½d.			

Homely Measure	E.P.	Calories	Grammes
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## LUNCH 8

Tin loaf (4 slices each $\frac{1}{2}$ in. thick)	5 oz. Bread (white)		
1 dsp.	1 oz. Butter	1157	Protein 38
1 portion 1 in. $\times$ 1 in. $\times$ 3 in.	3 oz. Cheddar Cheese		Fat 57
1 medium	2 oz. Onion (raw)		Carbo-hydrate 84
$\frac{1}{2}$ pint	$\frac{1}{2}$ pt. Beer		

## COST

6d.-10 $\frac{1}{4}$ d.

Note. In lunches 5 and 8 beer calories are included (see Pages 18 and 20, *Alcohol*).

## LUNCH 9

$\frac{1}{2}$ Recipe 30	Meat Patties		
1 medium	2 oz. Onion		Protein 29
	6 oz. Plums, Apples, Strawberries, or Pears	1014	Fat 54
	4 oz. { Cocoa ( $\frac{1}{2}$ tsp.) Milk (add Water)		Carbo-hydrate 102
8 tbsp.			

## COST

5 $\frac{1}{2}$ d.-8 $\frac{1}{4}$ d.

## LUNCH 10

$\frac{1}{2}$ Recipe 62	Egg Mayonnaise		
$\frac{1}{2}$ Recipe 79	Castle Pudding		Protein 21
1 tbsp. Recipe 14	$\frac{1}{2}$ oz. Jam Sauce	890	Fat 58
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 72
1 tsp.	$\frac{1}{2}$ oz. Butter		

## COST

4d.-7 $\frac{1}{4}$ d.

## LUNCH 11

$\frac{1}{2}$ Recipe 113	Nut Cutlets		Protein 15
3 pieces	1 oz. Vita Weat	854	Fat 53
$\frac{1}{2}$ Recipe 70	Apple Amber		Carbo-hydrate 80
1 tsp.	$\frac{1}{2}$ oz. Butter		

## COST

4 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.





Homely Measure	E.P.	Calories	Grammes
LUNCH 16			
5 oz. fish Recipe 17A ¼ Recipe 47 ¼ Recipe 66 Tin loaf (2 slices each ½ in. thick) 1 tsp.	2½ oz. Whiting (steamed) 2 tbsp. White Sauce 3½ oz. Potatoes (creamed) Orange Salad 2½ oz. Bread (white) ½ oz. Butter	708	Protein 20 Fat 26 Carbo- hydrate 100
COST 7d.-10d.			
LUNCH 17			
¼ Recipe 19 ¼ Recipe 57 Tin loaf (2 slices each ½ in. thick) 1 tsp.	Fish Pie Canadian Salad 2½ oz. Bread (whole- meal) ½ oz. Butter	572	Protein 22 Fat 22 Carbo- hydrate 71
COST 4½d.-7½d.			
LUNCH 18			
¼ Recipe 61 3 pieces 1 tsp. ¼ Recipe 80	Cheese Salad 1 oz. Vita Weat ½ oz. Butter Chocolate Blanc- mange	560	Protein 15 Fat 33 Carbo- hydrate 51
COST 3½d.-5½d.			
LUNCH 19			
¼ Recipe 112 3 pieces 1 tsp.	Macaroni Cheese 1 oz. Vita Weat ½ oz. Butter 4 oz. Strawberries, Raspberries, Damsons, Plums, or Pineapple	548	Protein 14 Fat 26 Carbo- hydrate 65
COST 3½d.-4½d.			

## DINNERS FOR ONE

These dinners also are worked out for one person and an average helping is suggested. They may be used equally well for the family for a midday or evening meal, or for large numbers.

The helpings of vegetables in some look large but are acceptable to the heavy worker and contain the extra carbohydrate that is necessary.

Homely Measure	Edible Portion	Calories	Grammes
<b>DINNER 1</b>			
$\frac{1}{4}$ Recipe 23	Beef Flank (stewed) and Dumplings		Protein 43
7 tbsp.	7 oz. Potatoes (boiled)	1423	Fat 50
$2\frac{1}{2}$ slices pineapple	6 oz. Pineapple (tinned)—or Orange, Currants, Pear, or Raspberries		Carbo- hydrate 200
<b>COST</b>			
4d.-5d.			
<b>DINNER 2</b>			
3 slices each, 4 in. × 2 in. × $\frac{1}{2}$ in.	6 $\frac{1}{2}$ oz. Roast Brisket Beef		Protein 51
7 tbsp.	7 oz. Potatoes (boiled)		Fat 79
9 tbsp.	9 oz. Brussels Sprouts, or Cauliflower, Turnip Tops, or Savoy	1421	Carbo- hydrate 128
$\frac{1}{4}$ Recipe 104	Suet Pudding (baked)		
	3 oz. Banana or Grapes		
<b>COST</b>			
6 $\frac{1}{2}$ d.-8 $\frac{1}{2}$ d.			

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 3</b>			
$\frac{1}{4}$ Recipe 20	Brisket of Beef (boiled) and Carrots		Protein 48
7 tbsp.	7 oz. Potatoes		Fat 79
$\frac{1}{4}$ Recipe 104	Suet Pudding (baked)	1420	Carbo- hydrate 129
	4 oz. Orange, Rasp- berries, Dam- sons, Pears, Gooseberries, or Pineapple		

**COST**5 $\frac{1}{2}$ d.-7d.

<b>DINNER 4</b>			
$\frac{1}{4}$ Recipe 31	Meat Pudding		
7 tbsp.	7 oz. Potatoes (boiled)		Protein 51
9 tbsp.	9 oz. Greens or Cab- bage, Savoy, Turnip Tops, or Cauliflower	1394	Fat 66
	4 oz. Orange, Rasp- berries, Dam- sons, or Pine- apple		Carbo- hydrate 149

**COST**5 $\frac{1}{2}$ d.-8 $\frac{1}{2}$ d.

<b>DINNER 5</b>			
$\frac{1}{4}$ Recipe 21	Salt Beef Flank (boiled) and Dumpling		Protein 51
7 tbsp.	7 oz. Potatoes (boiled)	1295	Fat 61
	3 oz. Banana or Grapes		Carbo- hydrate 136

**COST**4 $\frac{1}{2}$ d.-6 $\frac{1}{2}$ d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 6

1 medium	3 oz. Orange		
3 slices each 4 in. × 2 in. × ½ in.	3 oz. Beef Sirloin (roast)		
¼ Recipe 108	Yorkshire Pudding		Protein 29
3 tbsp.	3 oz. Potatoes (roasted round meat)	1277	Fat 83
3 tbsp.	3 oz. Brussels Sprouts or Greens		Carbo- hydrate 103
¼ Recipe 91	Apple Pie		
¼ Recipe 83	Custard (boiled)		

## COST

6½d.—1s.

## DINNER 7

¼ Recipe 28	Irish Stew and Dumplings	1264	Protein 44
	4 oz. Cherries, Apples, Greengages, or Grapes		Fat 56
			Carbo- hydrate 146

## COST

4½d.—9d.

## DINNER 8

¼ Recipe 32	Haricot Mutton		
7 tbsp.	7 oz. Potatoes (boiled)		Protein 55
	2 oz. Peanuts	1206	Fat 56
	4 oz. Apple (raw) or any Berries in season, or Greengages		Carbo- hydrate 122
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		

## COST

4¾d.—7¾d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 9

$\frac{1}{4}$ Recipe 36	Breast Salt Pork (boiled) and Parsnips		Protein 46 Fat 59
$\frac{1}{4}$ Recipe 36 $\frac{8}{8}$ tbsp.	Pease Pudding Potatoes (mashed) Apple, or any Berries in season, or Greengages	1160	Carbo- hydrate 112

## COST

6 $\frac{1}{2}$ d.-9d.

## DINNER 10

$\frac{1}{4}$ Recipe 35	<div> <div> 3 oz. 1 oz. 7 oz. 4 oz. </div> <div> Pig's Fry (fried) Bacon Chip Potatoes Plums, Apples, Strawberries, or Blackberries </div> </div>	1142	Protein 28 Fat 66 Carbo- hydrate 108
Tin loaf (2 $\frac{1}{2}$ slices each $\frac{1}{2}$ in. thick)	3 oz. Bread (white)		

## COST

4 $\frac{1}{2}$ d.-5 $\frac{3}{4}$ d.

## DINNER 11

2 chops	6 oz. Mutton (roasted best end of neck)		Protein 47 Fat 60
3 medium	7 oz. Potatoes (roast)	1132	
3 medium	6 oz. Onions		
$\frac{1}{4}$ Recipe 109	Yorkshire Pud- ding Apple (raw), or any Berries in season or Green- gages		Carbo- hydrate 101

## COST

5d.-10 $\frac{1}{2}$ d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 12

$\frac{1}{2}$ Recipe 40	Steak and Kidney Pudding		
4 tbsp.	4 oz. Potatoes		Protein 39
4 tbsp.	4 oz. Cauliflower (or Greens in Season)	1111	Fat 54
7 prunes	3 oz. Prunes (stewed)		Carbo-hydrate 118
2 tbsp.	1 oz. Milk		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		

## COST

6d.-7 $\frac{3}{4}$ d.

## DINNER 13

3 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{2}$ in.	6 oz. Pork (roast breast)		
3 medium	7 oz. Potatoes (roasted round meat)	1096	
9 tbsp.	9 oz. Cabbage, Cauliflower, Brussels Sprouts, or Savoy		Protein 40
			Fat 56
			Carbo-hydrate 108
Tin loaf (2 $\frac{1}{2}$ slices each $\frac{1}{2}$ in. thick)	3 oz. Bread (White)		
	4 oz. Apple (raw), or Greengages, or any of the Berries in season		

## COST

6 $\frac{1}{2}$ d.-9d.

## DINNER 14

$\frac{1}{2}$ Recipe 26	Curry and Rice		Protein 18
3 heaped tbsp.	3 $\frac{1}{2}$ oz. Potato Chips	1072	Fat 67
	3 oz. Banana		Carbo-
1 dsp.	$\frac{1}{2}$ oz. Sugar		hydrate 101

## COST

4 $\frac{1}{4}$ d.-5 $\frac{1}{2}$ d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 15

$\frac{1}{2}$ Recipe 22		Stew (Beef)	
4 tbsp.	4 oz.	Potatoes (boiled)	Protein 47
$\frac{1}{2}$ Recipe 72		Apple Pudding	Fat 33
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz.	Bread (white)	Carbo-hydrate 139

1039

## COST

4 $\frac{1}{2}$ d.-6 $\frac{3}{4}$ d.

## DINNER 16

$\frac{1}{2}$ Recipe 34		Pig's Fry (baked) and Suet Crust	
7 tbsp.	7 oz.	Potatoes (boiled)	Protein 30
	4 oz.	Apple, or Green-gages, or any of the Berries in season	Fat 48
			Carbo-hydrate 127

1061

## COST

4 $\frac{1}{2}$ d.-6d.

## DINNER 17

3 tbsp. fish	3 oz.	Skate (boiled or steamed—no bone)	
2 small	3 oz.	Onions (boiled)	Protein 43
4 tbsp.	4 oz.	Potatoes (boiled)	Fat 26
$\frac{1}{2}$ Recipe 106		Syrup Roll	Carbo-hydrate 150
Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	3 $\frac{3}{4}$ oz.	Bread (white)	

1002

## COST

6 $\frac{1}{4}$ d.

## DINNER 18

3 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in.	3 oz.	Bacon (steamed)	
5 tbsp.	5 oz.	Potatoes	Protein 32
4 tbsp.	4 oz.	Cabbage or Greens in season	Fat 59
1 large apple	5 oz.	Apple (raw) or any Berries in season	Carbo-hydrate 85
Tin loaf (2 slices each $\frac{1}{4}$ in. thick)	2 $\frac{1}{2}$ oz.	Bread (White)	

998

## COST

3d.-6 $\frac{1}{4}$ d.



Homely Measure	E.P.	Calories	Grammes
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## DINNER 19

1 tbsp. of Recipe 11	3 oz. Duck (roast)	985	Protein 43
3½ tbsp.	1 oz. Apple Sauce		
3 tbsp.	3½ oz. Potatoes (boiled)		Fat 31
2 slices	3 oz. Green Peas		Carbo- hydrate 133
½ Recipe 84	4 oz. Pineapple		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Custard (baked)		
	2½ oz. Bread (white)		

## COST

8½d.—1s. 0½d.

## DINNER 20

1 medium	3 oz. Orange	977	Protein 34
2 small	3½ oz. Lamb Cutlets		
1 tsp.	½ oz. Red Current Jelly		Fat 42
3 heaped tbsp.	3½ oz. Potato Chips		Carbo- hydrate 116
3 tbsp.	3 oz. Turnip Tops or Greens		
½ Recipe 91	Raspberry Pie		
1 dsp.	½ oz. Cream		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		

## COST

7½d.—1s. 1½d.

## DINNER 21

½ grape-fruit	3 oz. Grape-fruit	951	Protein 47
2 tbsp. of Recipe 12	3 oz. Chicken (roast)		
3½ tbsp.	Bread Sauce		Fat 22
3 tbsp.	3½ oz. Potatoes (boiled)		Carbo- hydrate 141
½ Recipe 75	3 oz. Green Peas or Broccoli		
Tin loaf (2 slices each ½ in. thick)	Banana Fritters		
	2½ oz. Bread (white)		

## COST

9d.—1s. 2½d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 22

$\frac{1}{4}$ Recipe 39 4 tbsp.	4 oz. Runners, Pie Celery, Spinach, or Seakale	949	Protein 30 Fat 33 Carbo- hydrate 132
$\frac{1}{4}$ Recipe 101	4 oz. Plums Rice Pudding (whole or ground rice)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		

## COST

6 $\frac{1}{2}$ d.-9 $\frac{3}{4}$ d.

## DINNER 23

2 sausages	4 oz. Sausages (pork— fried or grilled)		Protein 27 Fat 52 Carbo- hydrate 86
5 tbsp.	5 oz. Potatoes (mashed)	914	
4 tbsp.	4 oz. Tomatoes (fried or grilled)		
$\frac{1}{4}$ Recipe 98	Sliced Orange		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		

## COST

5 $\frac{1}{2}$ d.-8 $\frac{1}{2}$ d.

## DINNER 24

$\frac{1}{4}$ Recipe 115 7 tbsp. 9 tbsp.	7 oz. Toad-in-the-Hole Potatoes (boiled)		Protein 41 Fat 32 Carbo- hydrate 114
	9 oz. Cabbage, Savoy, Brussels, Tur- nip Tops, or Cauliflower	910	
	4 oz. Orange, Pears, Raspberries, Damsons, Gooseberries, or Pineapple		

## COST

4 $\frac{3}{4}$ d.-6d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 25

½ Recipe 38	Jugged Rabbit, Forcemeat Balls, and Potatoes (boiled)	875	Protein 31 Fat 40 Carbo- hydrate 100
	4 oz. Apple (raw) or Greengages, or any Berries in season		

## COST

5d.-7½d.

## DINNER 26

½ Recipe 33 3 tbsp.	3 oz. Mutton Pie Turnip Tops, Brussels, Savoy Cabbage, or Cauliflower	831	Protein 27 Fat 42 Carbo- hydrate 86
½ Recipe 76	Banana Jelly		

## COST

6½d.-7½d.

## DINNER 27

3 slices each 4 in. × 2 in. × ¼ in. ¾ tbsp.	3 oz. Lamb (roast shoulder)		Protein 28 Fat 40 Carbo- hydrate 88
½ Recipe 52	¾ oz. Potatoes (boiled)	821	
¼ of 2 lb. melon	5 oz. Tomatoes (stuffed)		
1 dsp.	5 oz. Melon		
Tin loaf (2 slices each ½ in. thick)	½ oz. Sugar		
	2½ oz. Bread (white)		

## COST

5½d.-8½d.

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 28</b>			
3 slices each 4 in. × 2 in. × $\frac{1}{2}$ in.	3 oz. Pork (roast leg)	790	Protein 25 Fat 34 Carbo- hydrate 96
3½ tbsp.	3½ oz. Potatoes (boiled)		
3½ tbsp.	3½ oz. Cabbage, Cauli- flower, Brussels Sprouts, or Savoy		
2 tbsp. of Recipe 11	Apple Sauce		
$\frac{1}{2}$ Recipe 63	Fruit Salad		
1 tbsp.	$\frac{1}{2}$ oz. Cream		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		

**COST**

5½d.—7½d.

<b>DINNER 29</b>			
1 small rasher	3 oz. Liver (fried)	769	Protein 35 Fat 30 Carbo- hydrate 88
	1 oz. Bacon—Back (fried)		
5 tbsp.	5 oz. Potatoes		
4 tbsp.	4 oz. Savoy, Cabbage, or Turnip Tops		
3 whole	3 oz. Apricots		
$\frac{1}{2}$ Recipe 83	Custard (boiled)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		

**COST**

5½d.—9½d.

<b>DINNER 30</b>			
1 trotter	4 oz. Pig's Trotter (boiled)	767	Protein 26 Fat 41 Carbo- hydrate 74
1 large	6 oz. Potato (baked)		
1 dsp.	1 oz. Butter		
4 tbsp.	4 oz. Turnip Tops, Cabbage, Greens, or Savoy		
1½ slices	3 oz. Pineapple		
$\frac{1}{2}$ Recipe 83	Custard (boiled)		

**COST**

6½d.—8½d.

Homely Measure	E.P.	Calories	Grammes
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## DINNER 31

$\frac{1}{2}$ grape-fruit	3 oz. Grape-fruit		
1 piece $4 \times 2 \times \frac{3}{4}$ in.	3 oz. Rump Steak		
1 tbsp.	1 oz. Mushrooms	753	Protein 34
$3\frac{1}{2}$ tbsp.	$3\frac{1}{2}$ oz. Potatoes (boiled or riced)		Fat 25
3 tbsp.	3 oz. Carrots (mashed)		Carbo-hydrate 98
$\frac{1}{2}$ Recipe 92	Gooseberry Fool		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		

## COST

8d.—1s. 0 $\frac{3}{4}$ d.

## DINNER 32

1 piece 4 in. $\times$ 2 in. $\times$ $\frac{3}{4}$ in.	3 oz. Veal Cutlet (grilled or fried)		
$\frac{1}{2}$ Recipe 49	Potato Croquettes		Protein 39
3 tbsp.	3 oz. Spinach, Runner Beans, Celery, or Sea-kale	739	Fat 20
2 pieces	3 oz. Pear		Carbo-hydrate 102
$\frac{1}{2}$ Recipe 93	Junket		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		

## COST

9 $\frac{1}{4}$ d.—11 $\frac{1}{2}$ d.

## DINNER 33

$\frac{1}{2}$ grape-fruit	3 oz. Grape-fruit		
$\frac{1}{2}$ Recipe 37	Rabbit Casserole or Stew		
$3\frac{1}{2}$ tbsp.	$3\frac{1}{2}$ oz. Potatoes (boiled)		Protein 26
3 tbsp.	3 oz. Cauliflower, Brussels Sprouts	686	Fat 20
	Cabbage, Savoy, or Turnip Tops		Carbo-hydrate 100
$\frac{1}{2}$ Recipe 74	Banana, Cream, and Sugar		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		

## COST

7 $\frac{1}{4}$ d.—1s. 0 $\frac{3}{4}$ d.

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 34</b>			
3 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	3 oz. Lamb (roast leg)	578	Protein 32 Fat 18 Carbo- hydrate 71
1 tbsp. of Recipe 16	$\frac{1}{2}$ oz. Mint Sauce		
$3\frac{1}{2}$ tbsp.	$3\frac{1}{2}$ oz. Potatoes (boiled)		
3 tbsp.	3 oz. Runner Beans, Celery, Spin- ach, or Sea- kale		
$\frac{1}{2}$ Recipe 98	Sliced Orange		
$\frac{1}{2}$ Recipe 83	Custard (boiled)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (Hovis)		

**COST**5 $\frac{1}{4}$ d.-7 $\frac{1}{4}$ d.**35. CHRISTMAS DINNER**

3 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	3 oz. Turkey	1183	Protein 46 Fat 60 Carbo- hydrate 116
1 tbsp. of Recipe III	1 oz. Chestnut Stuffing		
2 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	2 oz. Ham		
2 tbsp. of Recipe 13	1 oz. Cranberry Sauce		
3 tbsp.	3 oz. Potatoes		
2 tbsp.	2 oz. Brussels Sprouts		
$\frac{1}{4}$ Recipe 82	Christmas Pudding		
2 tbsp. of Recipe 17(f)	1 oz. Sweet Sauce		
1 pie, Recipe 97	Mince Pie		
Tin loaf (1 slice $\frac{1}{2}$ in. thick)	$1\frac{1}{2}$ oz. Bread (white)		

**COST**9 $\frac{1}{4}$ d.-1s. 3 $\frac{1}{4}$ d. per person

As will be seen, the Christmas dinner, taken in the same proportion as an everyday meal, is well balanced, and costs only slightly more than a normal meal. The custom of making the Christmas dinner a feast is responsible for its high cost and the subsequent uncomfortable feelings.

A feast or a banquet, occasionally, adds to the joy and pleasure of life, so must not be condemned; for when one is happy and eating pleasantly flavoured dishes, the gastric juices flow more freely, and so make it possible to digest more food.

## LIGHT MEALS FOR ONE

The following light meals have been included and are useful as such, but may be increased in value by additions from the whole recipes in Pages 60-64.

Here again each meal has been calculated for one person.

Homely Measure	Edible Portion	Calories	Grammes
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## EASILY DIGESTED MEAL 1

$\frac{1}{2}$ Recipe 25	Chicken Soufflé		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Protein 40
1 tsp.	$\frac{1}{2}$ oz. Butter	741	Fat 34
16 tbsp.	8 oz. Orange Juice		Carbo-hydrate 69
1 tsp.	$\frac{1}{4}$ oz. Sugar		

## COST

10d.-1s. 3d.

## EASILY DIGESTED MEAL 2

$\frac{1}{2}$ Recipe 43	Veal Fricassée		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	599	Protein 27
1 tsp.	$\frac{1}{2}$ oz. Butter		Fat 24
16 tbsp.	8 oz. Orange Juice		Carbo-hydrate 69

## COST

8d.-10d.

## EASILY DIGESTED MEAL 3

$\frac{1}{2}$ Recipe 41	Sweetbread and White Sauce		
2 tbsp.	2 oz. Green Peas	395	Protein 30
2 tbsp.	2 oz. Potatoes (mashed)		Fat 14
2 tbsp.	1 oz. Lemon Juice		Carbo-hydrate 37
1 tsp.	$\frac{1}{4}$ oz. Sugar		

## COST

6 $\frac{1}{4}$ d.-11 $\frac{3}{4}$ d.

Homely Measure	E.P.	Calories	Grammes
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## EASILY DIGESTED MEAL 4

$\frac{1}{2}$ Recipe 18 2 tbsp.	3 oz. Stewed Eels	491	Protein 22
	2 oz. Potatoes (creamed)		Fat 20
$\frac{1}{2}$ Recipe 73	Apple Frost		Carbo- hydrate 55
COST			
4d.-6 $\frac{3}{4}$ d.			

## EASILY DIGESTED MEAL 5

Recipe 87	Egg Whip	315	Protein 12
			Fat 12
			Carbo- hydrate 40
COST			
3 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.			

## EASILY DIGESTED MEAL 6

$\frac{1}{2}$ Recipe 42 2 tbsp.	4 oz. Tripe	286	Protein 18
	3 oz. Onions		Fat 11
	2 oz. Potatoes (creamed)		Carbo- hydrate 29
COST			
2 $\frac{3}{4}$ d.-3 $\frac{1}{2}$ d.			

## EASILY DIGESTED MEAL 7

Recipe 86	Egg Shake	258	Protein 8
			Fat 16
			Carbo- hydrate 21
COST			
4d.-5 $\frac{1}{2}$ d.			

## FISH LUNCH 1

3 tbsp.	3 oz. Salmon—Fresh (cutlet without bone, steamed)	544	Protein 21
	White Sauce		Fat 31
$\frac{1}{2}$ Recipe 17(a) Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
COST			
1s. od.—1s. 3 $\frac{3}{4}$ d.			



Homely Measure	E.P.	Calories	Grammes
FISH LUNCH 2			
6 oz. fish	3 oz. Herring—Fresh (steamed)	514	Protein 21
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 28
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
COST			
3d.—4d.			
FISH LUNCH 3			
6 oz. fish	3 oz. Mackerel (steamed)	482	Protein 18
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 26
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
COST			
3d.—4d.			
FISH LUNCH 4			
3 tbsp.	3 oz. Cod Cutlet (without bone, steamed)	447	Protein 21
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
COST			
4 $\frac{1}{2}$ d.—6d.			
FISH LUNCH 5			
3 tbsp.	3 oz. Hake Cutlet (without bone, steamed)	443	Protein 19
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
COST			
6 $\frac{1}{2}$ d.—7 $\frac{1}{2}$ d.			

Homely Measure	E.P.	Calories	Grammes
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### FISH LUNCH 6

6 oz. fish	3 oz. Haddock—Fresh (steamed)	440	Protein 19
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		

### COST

$3\frac{3}{4}$ d.— $4\frac{3}{4}$ d.

### FISH LUNCH 7

6 oz. fish	3 oz. Steamed Sole	439	Protein 18
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		

### COST

6d.—1s.  $0\frac{1}{2}$ d.

### SALAD 1

2 sections	$1\frac{1}{2}$ oz. Cream Cheese	816	Protein 24
$\frac{1}{2}$ Recipe 56	Autumn Salad		Fat 43
Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	$3\frac{3}{4}$ oz. Bread (wholemeal)		Carbo-hydrate 82
1 tsp.	$\frac{1}{2}$ oz. Butter		
8 tbsp.	4 oz. Orange Juice } (add Drink } Water)		
	$1\frac{1}{2}$ tsp. Sugar		

### COST

$4\frac{1}{2}$ d.— $7\frac{1}{2}$ d.

### SALAD 2

1 portion 1 in. $\times$ 1 in. $\times$ 2 in.	2 oz. Cheese (Cheddar)	742	Protein 25
$\frac{1}{2}$ Recipe 69	Winter Salad		Fat 42
2 tbsp.	1 oz. Lemon Juice } (add Water)		Carbo-hydrate 66
1 dsp.	$\frac{1}{2}$ oz. Sugar		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$2\frac{1}{2}$ oz. Bread (white)		
1 tsp.	$\frac{1}{2}$ oz. Butter		

### COST

$3\frac{3}{4}$ d.— $4\frac{1}{2}$ d.

Homely Measure	E.P.	Calories	Grammes	
SALAD 3				
2 fish	2 oz. Sardines	710	Protein 25	
Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	3 $\frac{3}{4}$ oz. Bread (wholemeal)		Fat 34	
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo-hydrate 77	
$\frac{1}{4}$ Recipe 53	A, B, and C Salad			
2 tbsp.	1 oz. Lemon Juice		(add Water)	
1 dsp.	$\frac{1}{2}$ oz. Sugar			
COST				
5 $\frac{3}{4}$ d.-9 $\frac{3}{4}$ d.				
SALAD 4				
2 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{2}$ in.	2 oz. Cold Salt Beef	538	Protein 18	
$\frac{1}{4}$ Recipe 58	Cabbage and Carrot Salad		Fat 28	
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo-hydrate 54	
1 tsp.	$\frac{1}{2}$ oz. Butter			
COST				
1 $\frac{3}{4}$ d.-3 $\frac{1}{4}$ d.				
SALAD 5				
Recipe 24, 3 $\frac{1}{4}$ slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{2}$ in.	3 $\frac{1}{4}$ oz. Brawn	535	Protein 22	
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Fat 25	
$\frac{1}{4}$ Recipe 67	Russian Salad		Carbo-hydrate 56	
COST				
2d.-2 $\frac{3}{4}$ d.				
SALAD 6				
2 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{2}$ in.	2 oz. Lamb or Veal (cold)	527	Protein 20	
$\frac{1}{4}$ Recipe 59	Carrot and Watercress Salad		Fat 31	
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (wholemeal)		Carbo-hydrate 43	
1 tsp.	$\frac{1}{2}$ oz. Butter			
COST				
3 $\frac{1}{4}$ d.-6 $\frac{1}{4}$ d.				

Homely Measure	E.P.	Calories	Grammes
<b>SALAD 7</b>			
2 slices each 4 in. × 2 in. × $\frac{1}{2}$ in.	2 oz. Pork (cold)		Protein 20
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)	414	Fat 16
$\frac{1}{2}$ Recipe 54	Apple and Cab- bage Salad		Carbo- hydrate 48
<b>COST</b> 3½d.-5d.			
<b>SAVOURY SNACK 1</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	3 oz. Sprats		Protein 25
1 tsp.	2½ oz. Bread (white)	480	Fat *26
	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 37
<b>COST</b> 1½d.-2d.			
<b>SAVOURY SNACK 2</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)	470	Protein 7
1 tsp.	$\frac{1}{2}$ oz. Butter		Fat 25
1 dsp.	1 oz. Jam		Carbo- hydrate 55
<b>COST</b> $\frac{3}{4}$ d.-1½d.			
<b>SAVOURY SNACK 3</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	4 oz. Shrimps		Protein 33
1 tsp.	$\frac{1}{2}$ oz. Watercress	417	Fat 14
	2½ oz. Bread (white)		Carbo- hydrate 40
	$\frac{1}{2}$ oz. Butter		
<b>COST</b> 1¾d.-3d.			
<b>SAVOURY SNACK 4</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	1 Egg (boiled)		Protein 15
1 tsp.	2½ oz. Bread (white)	377	Fat 19
	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 37
<b>COST</b> 1½d.-3½d.			

Homely Measure	E.P.	Calories	Grammes
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## SAVOURY SNACK 5

Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	2 oz. Winkles (shelled)	359	Protein 17
	$\frac{1}{2}$ oz. Watercress		Fat 14
	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 41
	$\frac{1}{2}$ oz. Butter		

## COST

1 $\frac{1}{2}$ d.-2 $\frac{1}{4}$ d.

## SAVOURY SNACK 6

6 tbsp. Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	1 Egg (poached)	354	Protein 19
	6 oz. Spinach		Fat 8
	2 $\frac{1}{2}$ oz. Toast		Carbo- hydrate 52

## COST

1 $\frac{3}{4}$ d.-4 $\frac{1}{4}$ d.

## SAVOURY SNACK 7

Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	2 oz. Cockles (shelled)	344	Protein 15
	$\frac{1}{2}$ oz. Watercress		Fat 13
	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 41
	$\frac{1}{2}$ oz. Butter		

## COST

1 $\frac{3}{4}$ d.-2 $\frac{1}{2}$ d.

## SAVOURY SNACK 8

1 $\frac{1}{2}$ tsp. Tin loaf (1 slice $\frac{1}{2}$ in. thick)	1 Egg (scrambled)	341	Protein 11
	$\frac{3}{4}$ oz. Butter		Fat *25
	1 $\frac{1}{4}$ oz. Toast		Carbo- hydrate 19

## COST

1 $\frac{3}{4}$ d.-3 $\frac{1}{4}$ d.

## SAVOURY SNACK 9

Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	3 oz. Celery	309	Protein 8
	2 $\frac{1}{2}$ oz. Bread (white)		Fat 13
	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 40

## COST

1 $\frac{1}{4}$ d.-2d.

Homely Measure	E.P.	Calories	Grammes
<b>SAVOURY SNACK 10</b>			
Recipe 44	1 Egg baked in Tomato		Protein 12
	1½ oz. Toast	257	Fat *13
	¼ oz. Butter		Carbo- hydrate 23
	<b>COST</b> 2½d.-5½d.		
<b>SAVOURY SNACK 11</b>			
Tin loaf (1 slice ½ in. thick) ½ tsp.	1 Egg (poached)		Protein 11
	1½ oz. Toast	231	Fat *13
	¼ oz. Butter		Carbo- hydrate 19
	<b>COST</b> 1½d.-3d.		
<b>SAVOURY SNACK 12</b>			
2 pieces Tin loaf (1 slice ½ in. thick) ½ tsp.	2 oz. Roe		Protein 19
	1½ oz. Toast	230	Fat 9
	¼ oz. Butter		Carbo- hydrate 19
	<b>COST</b> 1½d.-2½d.		
<b>SAVOURY SNACK 13</b>			
1 small Tin loaf (1 slice ½ in. thick) ½ tsp.	¾ oz. Sardines		Protein 8
	1½ oz. Toast	204	Fat *11
	¼ oz. Butter		Carbo- hydrate 19
	<b>COST</b> 1½d.-2½d.		
<b>SAVOURY SNACK 14</b>			
Recipe 51	Stuffed Potatoes		Protein 7
		183	Fat 5
			Carbo- hydrate 28
	<b>COST</b> ¾d.-1d.		

\* These are included because they are generally used, but are unbalanced. Use less fat in other meals during the day, so that the day's meals may be balanced, i.e. 100 Fat grammes, 100 Protein grammes 400 Carbohydrate grammes in total.

### SUPPLEMENTARY RECIPES: VALUE AND COST

These additional recipes have been included, so that light meals may be added to, and other meals may be constructed.

The calorie values and costs given are those for the whole recipe in each case.

#### PUDDING 1

		Calories	Grammes
Recipe 88	Fresh Fruit Pudding		Protein 43
		2096	Fat 85
			Carbo- hydrate 294

#### COST

7½d.-11¼d.

#### PUDDING 2

Recipe 102	Strawberry Meringue Pudding	1430	Protein 42
			Fat 49
			Carbo- hydrate 205

#### COST

6½d.-7½d.

#### PUDDING 3

Recipe 81	Chocolate Rice	1373	Protein 33
			Fat 63
			Carbo- hydrate 169

#### COST

6d.-7½d.

#### PUDDING 4

Recipe 107	Trifle	939	Protein 25
			Fat 30
			Carbo- hydrate 142

#### COST

8d.-9½d.

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## SAUCE 1

		Calories	Grammes
Recipe 17 (e)	Shrimp Sauce	477	Protein 21 Fat 31 Carbo- hydrate 29

COST  
1 $\frac{3}{4}$ d.-2d.

## SAUCE 2

Recipe 17 (c)	Onion Sauce	445	Protein 9 Fat 30 Carbo- hydrate 34
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COST  
1 $\frac{1}{4}$ d.

## SAUCE 3

Recipe 17 (d)	Parsley Sauce	438	Protein 12 Fat 30 Carbo- hydrate 30
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COST  
1 $\frac{1}{2}$ d.

## SAUCE 4

Recipe 17 (b)	Caper Sauce	417	Protein 8 Fat 30 Carbo- hydrate 28
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COST  
2 $\frac{1}{4}$ d.

## SOUP 1

Recipe 7	Oxtail	1411	Protein 109 Fat 87 Carbo- hydrate 49
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COST  
9d.-1s. 5d.

## SOUP 2

Recipe 8	Potato	778	Protein 48 Fat 31 Carbo- hydrate 78
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COST  
4 $\frac{1}{4}$ d.-7 $\frac{1}{4}$ d.



## SOUP 3

Recipe 3 (a)	Pea-Purée Cream Soup	Calories	Grammes	
			Protein	23
		653	Fat	36
			Carbo- hydrate	59

COST  
3d.-4½d.

## SOUP 4

Recipe 3 (b)	Spinach Purée Cream Soup	Calories	Grammes	
			Protein	16
		546	Fat	36
			Carbo- hydrate	40

COST  
3d.-4½d.

## SOUP 5

Recipe 9	Tomato	Calories	Grammes	
			Protein	44
		526	Fat	20
			Carbo- hydrate	43

COST  
8½d.-1s. 5½d.

## SOUP 6

Recipe 4	Green Pea	Calories	Grammes	
			Protein	55
		512	Fat	7
			Carbo- hydrate	58

COST  
5d.-9½d.

## SOUP 7

Recipe 6	Macaroni or Rice	Calories	Grammes	
			Protein	46
		437	Fat	6
			Carbo- hydrate	49

COST  
4½d.-7½d.

## SOUP 8

Recipe 5	Lentil or Haricot Bean	Calories	Grammes	
			Protein	53
		433	Fat	6
			Carbo- hydrate	41

COST  
4½d.-7½d.

SOUP 9

		Calories	Grammes
Recipe 2	Brussels Sprout or Cabbage	332	Protein 42 Fat 6 Carbo- hydrate 28

COST  
4½d.-8½d.

SOUP 10

Recipe 10	Vegetable	273	Protein 40 Fat 6 Carbo- hydrate 15
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COST  
4¾d.-7½d.

SOUP 11

Recipe 1	Brown Stock	136	Protein 34 Fat — Carbo- hydrate —
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COST  
10d.-1s. 5d.

CAKE 1

Recipe 118	Fruit Cake	5165	Protein 83 Fat 130 Carbo- hydrate 915
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COST  
1s. 3½d.-1s. 4d.

CAKE 2

Recipe 117	Chocolate Cake	5014	Protein 50 Fat 195 Carbo- hydrate 764
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COST  
1s. 4¾d.-1s. 7½d.

CAKE 3

Recipe 120 (b)	Coco-nut Cake	4712	Protein 79 Fat 212 Carbo- hydrate 622
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COST  
9½d.

## CAKE 4

Recipe 119

Orange Cake

Calories

3977

Grammes

Protein 43

Fat 111

Carbo-  
hydrate 701

COST

11d.-1s.

## CAKE 5

Recipe 120 (a)

Plain or Seed Cake

3576

Protein 68

Fat 114

Carbo-  
hydrate 568

COST

8½d.

## CAKE 6

Recipe 116

Ada Cake

2693

Protein 52

Fat 78

Carbo-  
hydrate 447

COST

5½d.

## CAKE 7

Recipe 121

Sponge Cake

1403

Protein 36

Fat 19

Carbo-  
hydrate 271

COST

6d.

## NOTES ON COOKERY

FOR the following recipes any method may be used, provided the ingredients are kept the same.

Food should always be served neatly and garnished prettily; for the look of an appetizing meal starts the flow of the gastric juices and so helps digestion.

Long, slow cooking at a low temperature results in more easily digested and more nourishing food. High temperatures spoil the value of many of the vitamins.

### BOILING

When boiling meat, place it in just sufficient boiling water, boil for about 8 minutes to seal in the juices, and then lessen the heat and simmer till tender.

For fish and vegetables use a small amount of water so that salts may be conserved. Do not use soda with green vegetables.

### ROASTING

By roasting we nowadays usually mean baking in the oven. Put the meat into a hot oven for about 10 minutes to seal the outside and keep the juices in, then lower the heat and cook slowly.

### STEWING AND CASSEROLE COOKING

These are excellent methods, in both of which the salts and extracts are conserved. From the point of view of nourishment, one of the best dishes is a stew (see Dinner Menus 1, 3, 5, 7, 8, 9, 15, 25, 33); for the valuable salts and extracts of the meat and vegetables are kept in the gravy, which should be taken as part of the meal.

### STEAMING

Steaming is a better method than boiling, especially for fish and vegetables. The delicate flavours are retained and the salts are not lost in the water and thrown away.

A steamer can be made by putting a basin in a saucepan, putting water into the saucepan, and keeping it replenished, so that the water comes about half-way up the basin. The food to be cooked should be placed in the basin, covered with greased paper; another dish can then be steamed in a plate on top of the basin, covered with another inverted plate. The water should be kept gently boiling.

## FRYING

By deep frying is meant plunging the fish or other food to be cooked into boiling fat for a few minutes; when the fat ceases bubbling the substance is cooked. If frying in a flat pan, use plenty of fat and see that it is boiling (when a blue smoke rises) before the food to be cooked is placed in it. A little of the goodness is lost this way because it is impossible to submerge the whole of the food, and it is necessary to turn it once.

*Note.* Great care is needed in handling quantities of hot fat as it catches fire easily and burns rapidly.

## RAW FOODS

Salads, vegetables and fruits, uncooked butter, milk, and cheese should be used whenever possible. All are very rich in food values, salts, and vitamins.

## FREEZING

Ice cream and Fruit Sundaes, etc., have approximately the calorie and food value of the foods they contain.

## RE-COOKED MEAT

This has barely more than half the value of meat that has only been cooked once. In re-cooked meat the fibres are hardened and become more difficult to digest.

## GENERAL PRINCIPLES

All cooking should be done at the lowest temperature that will enable the food to be cooked.

If self-raising flour is used in the following recipes, no baking powder will be necessary.

In pricing, the cost of fuel has not been included.

All quantities (except in the Salad Recipes) are for foods as purchased, except where otherwise stated. The amounts of waste to be allowed for are given on Page 125 *et seq.*

## RECIPES

## SOUPS

## 1. STOCK

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
136	34 — —

Enough for four persons—

1 lb. Shin Beef  
3 pt. Water

1 lb. Raw or cooked bones and  
any lean trimmings there  
may be

Remove all fat, crack or saw bones if possible ; place in a saucepan. Add the water and bring slowly to the boil and simmer for 2-2½ hours. Strain into a basin ; when cold remove the fat.

*Note.* For white stock for white soups or purées use white meats, veal, rabbit, or chicken.

## COST

10d.—1s. 5d.

## 2. BRUSSELS SPROUTS OR CABBAGE SOUP

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
332	42 6 28

Enough for four persons—

½ lb. Brussels Sprouts or  
Cabbage  
½ pt. Milk  
Pepper and salt

1 pt. Stock, Recipe 1  
½ oz. Cornflour

Prepare and wash the brussels sprouts or cabbage thoroughly, boil gently in the stock till tender, skim. Pass through a sieve. Mix the cornflour to a smooth paste with the milk, return all to the saucepan and bring just to the boil. Season with pepper and salt and serve.

## COST

Brussels Sprouts 4½d.—8½d.

Cabbage 4½d.—7½d.

## 3. CREAM SOUPS (a) Pea

Calories for Recipe	Grammes Protein 23 Fat 36 Carbo- hydrate 59
653	

Enough for four persons—

1 oz. Flour	½ pt. Purée of Peas (Purée of
1 oz. Butter	Broad Beans, Potatoes,
½ pt. Milk	or Onions would give the
	same calorie and food
	values)

Boil the selected vegetable, gently, in only just sufficient water. Pass through a sieve. Melt the butter in a saucepan, add the flour, and rub to a smooth paste. Add the milk gradually and bring to the boil. Boil for 5 minutes stirring all the time. Add the sieved vegetable or purée. Again bring just to the boil, seasoning with pepper and salt, and serve.

## COST

3d.-4 $\frac{3}{4}$ d.

## CREAM SOUPS (b) Spinach

Calories for Recipe	Grammes Protein 16 Fat 36 Carbo- hydrate 40
546	

Enough for four persons—

1 oz. Flour	½ pt. Purée of Spinach (Purée of
1 oz. Butter	Brussels Sprouts, Cab-
½ pt. Milk	bage, Asparagus, Tomato, or
	Celery would give the same
	calorie and food values)

Method as above.

Note. If Asparagus is used, the cost will be slightly higher than that given here.

## COST

3d.-4 $\frac{3}{4}$ d.

## 4. GREEN PEA

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
512	55 7 58

Enough for four persons—

$\frac{1}{2}$ lb. Green Peas when shelled	$\frac{1}{2}$ pt. Milk
1 pt. Stock, Recipe 1	Pepper and Salt
	$\frac{1}{2}$ oz. Cornflour

Choose young green peas, shell, and boil gently in the stock; when they are soft rub them through a sieve, and return to the saucepan. Mix the cornflour with the milk to a smooth paste and add to the soup. Bring just to the boil again, season with pepper and salt, and serve. White stock may be used if preferred. A few of the peas whole may be added before soup is served.

## COST

5d.-9 $\frac{1}{4}$ d.

## 5. HARICOT OR LENTIL

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
433	53 6 41

Enough for four persons—

1 pt. Stock, Recipe 1	$\frac{1}{2}$ pt. Milk
2 oz. Lentils or Haricot Beans	Pepper and Salt

Wash the lentils (if haricot beans are used, they will need soaking overnight). Put the stock into a saucepan with the lentils, bring to the boil. Simmer gently till quite tender, about 1 $\frac{1}{2}$ –1 $\frac{3}{4}$  hours. Add the milk and bring to the boil again. Season with pepper and salt, and serve. These soups may be rubbed through a sieve if preferred.

## COST

4 $\frac{3}{4}$ d.-7 $\frac{1}{2}$ d.



## 6. MACARONI OR RICE

Calories	Grammes
for	Protein 46
Recipe	Fat 6
	Carbo-
437	hydrate 49

Enough for four persons—

1 pt. Stock, Recipe 1  
 $\frac{1}{4}$  pt. Milk

2 oz. Macaroni or Rice

Break the macaroni into small pieces and wash. Place with the stock in the saucepan. Bring slowly to the boil, then simmer gently until the macaroni is quite tender, about  $1\frac{1}{2}$ – $1\frac{3}{4}$  hours. Add the milk and bring again to the boil. Season with pepper and salt and serve. This may be cooked in a double saucepan.

## COST

$4\frac{3}{4}$ d.– $7\frac{1}{4}$ d.

## 7. OXTAIL SOUP

Calories	Grammes
for	Protein 109
Recipe	Fat 87
	Carbo-
1411	hydrate 49

Enough for four persons—

$1\frac{1}{4}$  lb. Oxtail (including bone)  
 2 oz. Carrot  
 2 oz. Onion  
 2 oz. Turnip  
 2 oz. Celery (outside leaves)

$1\frac{1}{2}$  oz. Flour  
 1 oz. Butter  
 $1\frac{1}{2}$  pt. Water  
 Herbs  
 Peppercorns and Salt

Wash the tail, removing fat, and cut up. Prepare the vegetables and cut up, fry lightly in the butter. Place all in a saucepan with a few mixed herbs and peppercorns tied in a small piece of muslin. Add the water and simmer gently for 3– $3\frac{1}{2}$  hours. Skim if necessary. When meat and vegetables are tender remove the bones and rub through a sieve. Mix the flour to a smooth paste with a little cold water and add gradually to the soup. Return to the saucepan, season with pepper and salt, and cook for a little longer. Do not rub all the meat through the sieve. Save a few pieces of meat to serve in the soup.

Note. Oxtails usually weigh more than  $1\frac{1}{4}$  lb.

## COST

9d.–1s.  $5\frac{1}{4}$ d.

## 8. POTATO SOUP

Calories	Grammes
for	Protein 48
Recipe	Fat 31
	Carbo-
778	hydrate 78

Enough for four persons—

1 lb. Potatoes	1 oz. Butter
3 oz. Onions	1 pt. Stock, Recipe 1
Pepper and Salt	$\frac{1}{4}$ pt. Milk

Melt the butter in a pan. Peel and slice the onions and potatoes, fry lightly until the butter is absorbed. Turn into a saucepan with the stock and simmer for about  $1\frac{1}{4}$  hours. Season with pepper and salt. Add the milk and bring just to the boil. Pass through a sieve if possible, heat up again, and serve.

## COST

$4\frac{3}{4}$ d.— $7\frac{3}{4}$ d.

## 9. TOMATO SOUP

Calories	Grammes
for	Protein 44
Recipe	Fat 20
	Carbo-
526	hydrate 43

Enough for four persons—

1 lb. Tomatoes, fresh or tinned	$\frac{1}{2}$ oz. Butter
2 oz. Onion	$\frac{1}{4}$ pt. Milk
1 pt. Stock, Recipe 1	$\frac{1}{2}$ oz. Cornflour
	Pepper and Salt

Peel and slice the onions, add the tomatoes and fry lightly in the butter, add the stock. Turn all into a saucepan and simmer for about  $1\frac{1}{4}$  hours. Pass through a sieve. Mix the cornflour with the milk, stir till smooth, and add gradually to the soup. Simmer again for  $\frac{1}{4}$  hour. Season with pepper and salt and serve.

## COST

$8\frac{1}{2}$ d.—1s.  $5\frac{1}{4}$ d.

## 10. VEGETABLE SOUP

Calories for Recipe	Grammes Protein Fat Carbo- hydrate	40 6 15
273		

Enough for four persons—

1 pt. Stock, Recipe 1	1 oz. Turnip
1 oz. Onion	$\frac{1}{2}$ pt. Milk
1 oz. Carrot	Pepper and Salt

Prepare the vegetables and cut into dice, put these into a saucepan, add the stock, and cook gently till tender. Add the milk and bring again to the boil. Season with pepper and salt, and serve. This soup may be rubbed through a sieve if preferred.

## COST

4 $\frac{3}{4}$ d.—7 $\frac{1}{2}$ d.

## SAUCES

## 11. APPLE SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate	1 1 61
257		

Enough for four persons—

$\frac{1}{2}$ lb. Apples	1 oz. Sugar
1 oz. Water	

Peel and core the apples, place in the saucepan with the sugar and water. Cook till tender, beat with wooden spoon or rub through a sieve.

## COST

1 $\frac{3}{4}$ d.

## 12. BREAD SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate	26 26 106
758		

Enough for four persons—

$\frac{1}{2}$ pt. Milk	4 oz. Onion
5 oz. Breadcrumbs	$\frac{1}{2}$ oz. Butter
Pepper and Salt	

Place the milk, breadcrumbs, chopped onion, and butter in a double saucepan. Season with pepper and salt, and cook for  $1\frac{1}{2}$  hours or more.

## COST

$2\frac{1}{4}$ d.

## 13. CRANBERRY SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
561	136

$\frac{1}{2}$  lb. Cranberries

4 oz. Water

$\frac{1}{4}$  lb. Sugar

Wash and pick over the cranberries, place in a saucepan with the water, and simmer gently till tender. Add the sugar. Pass through a sieve, and serve.

## COST

$3\frac{1}{2}$ d.

## 14. JAM SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
133	32

Enough for four persons—

$1\frac{1}{2}$  oz. Jam

1 oz. Water

Put the water and jam into a saucepan and stir till warm.

## COST

1d.

## 15. MARMALADE SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
291	72

Enough for four persons—

$1\frac{1}{2}$  tbsp. Marmalade

4 tbsp. Water

Melt together in a saucepan and serve.

## COST

$\frac{3}{4}$ d.

## 16. MINT SAUCE

Calories for Recipe	Grammes Protein — Fat — Carbo- hydrate 14
56	

Enough for four persons—

1 oz. Chopped Mint                      2 tsp. Sugar  
 $\frac{1}{2}$  pt. Vinegar

Wash and chop the mint finely, add the sugar, and mix together. Add the vinegar and stir. Stand for an hour or so before serving.

## COST

1 $\frac{1}{4}$ d.—1 $\frac{3}{4}$ d.

## 17. (a) WHITE SAUCE

Calories for Recipe	Grammes Protein 8 Fat 30 Carbo- hydrate 28
417	

Enough for four persons—

1 oz. Butter                      1 gill Milk  
 1 oz. Flour                      5 tbsp. Water

Melt the butter in a saucepan, stir in the flour till smooth. Add the milk and water (or stock), bring to the boil and let it boil for 5 minutes, stirring all the time. (If liked, for fish, add one or two drops of anchovy essence.)

## COST

1 $\frac{1}{4}$ d.

## (b) CAPER SAUCE

Calories for Recipe	Grammes Protein 8 Fat 30 Carbo- hydrate 28
417	

Recipe 17 (a)                       $\frac{1}{2}$  oz. Capers

Method, as above.

## COST

2 $\frac{1}{4}$ d.

(c) ONION SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
445	9 30 34

Recipe 17 (a) 2 oz. Onion (chopped)

Method, as above. Boil the onion in  $\frac{1}{4}$  pt. of water. Use 5 tablespoonfuls of this water instead of stock.

COST

Just over  $1\frac{1}{4}$ d.

(d) PARSLEY SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
438	12 30 30

Recipe 17 (a)  $\frac{1}{2}$  oz. Parsley (chopped)

Method, as above.

COST

$1\frac{1}{2}$ d.

(e) SHRIMP SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
477	21 31 29

Recipe 17 (a) 2 oz. Shrimps (shelled)

Method, as above.

COST

$1\frac{3}{4}$ d.-2d.

(f) SWEET SAUCE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
474	8 30 43

Recipe 17 (a)  $\frac{1}{2}$  oz. Sugar

Method, as above.

COST

Just over  $1\frac{1}{4}$ d.

## FISH

## 18. STEWED EELS AND PARSLEY SAUCE

Calories	Grammes
for	Protein 75
Recipe	Fat 61
	Carbo-
968	hydrate 30

Enough for four persons—

1 lb. Eels

$\frac{1}{2}$  pt. Water  
Pepper and Salt

Cut off the head, skin and cut up the fish, put into a saucepan with the water, bring to the boil, skim. Simmer gently till tender, about 15–20 minutes. Serve with parsley sauce, Recipe 17 (d). Season with pepper and salt.

## COST

1s. 1 $\frac{1}{4}$ d.—1s. 9 $\frac{1}{4}$ d.

## 19. FISH PIE

Calories	Grammes
for	Protein 58
Recipe	Fat 35
	Carbo-
826	hydrate 68

Enough for four persons—

8 oz. Cold Fish (no bone)

1 Egg

$\frac{3}{4}$  lb. Mashed Potato

4 oz. Milk

1 oz. Butter

Pepper and Salt

Remove bone and skin from fish, and flake finely. Mash potatoes, with milk, butter, and egg. Season with pepper and salt. Grease a pie-dish and fill with alternate layers of fish and mashed potato, finishing with potato on top. Bake in a moderate oven till light brown, about half an hour.

## COST

11 $\frac{1}{2}$ d.—1s. 6d.

## MEATS

## 20. BOILED BEEF AND CARROTS

Calories	Grammes
for	Protein 128
Recipe	Fat 216
	Carbo-
2724	hydrate 64

Enough for four persons—

1½ lb. Brisket (lean)

1½ lb. Carrots

Put the beef and the scraped and sliced carrots into boiling water, about 1½ pt. Season with pepper and salt. Simmer gently for about 2½ hours.

COST

8d.

## 21. BOILED SALT BEEF

Calories  
for  
Recipe

Grammes  
Protein 181  
Fat 242  
Carbo-  
hydrate 331

4224

Enough for four persons—

1½ lb. Beef Flank (lean)

For the Dumplings—

½ lb. Parsnips

½ lb. Flour

½ lb. Onions

¼ lb. Suet

½ lb. Carrots

Peel and cut up the vegetables. Wash the meat to remove any unnecessary salt. Place with the vegetables in a saucepan, just cover with water, about 1½ pt. Season with pepper. Bring to the boil and simmer gently for about 2½ hours. Make the dumplings, drop these into the saucepan about 15 minutes before the meat is done. Do not allow to go off the boil or the dumplings will break.

THE DUMPLINGS. Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, form into balls, roll in flour, and drop into the boiling stew.

COST

1s. 1d.

## 22. BEEF STEW

Calories  
for  
Recipe

Grammes  
Protein 126  
Fat 54  
Carbo-  
hydrate 90

1351

Enough for four persons—

1 lb. Shin Beef or Steak

2 oz. Turnip

1 oz. Onion

4 oz. Dried Peas

4 oz. Tomatoes

1 cupful Water or Stock

3 oz. Carrot

1 dsp. Vinegar

Pepper and Salt



Soak the peas overnight. Cut up the meat, prepare and cut up the vegetables, place in a saucepan or casserole. Add a cupful of water or stock, the vinegar, pepper and salt to taste, stand for 20 minutes. Place in the oven or over the fire and cook slowly for 2-3 hours.

## COST

10½d.-1s. 6d.

## 23. BEEF STEWED WITH DUMPLINGS

Calories for Recipe	Grammes Protein 152 Fat 195 Carbo- hydrate 404
3987	

Enough for four persons—

1 lb. Flank Beef (lean)

½ lb. Carrot

½ lb. Onions

½ lb. Turnip

½ lb. Celery (outside leaves)

For the Dumplings—

¾ lb. Flour

¼ lb. Suet

Pepper and Salt

Peel the onions and turnips and scrape the carrots, wash the celery and cut all up. Place the meat in a saucepan with the vegetables. Season with pepper and salt, just cover with water, 1½ pt., bring to the boil, and simmer gently for 2 hours. Make the dumplings, drop these into the saucepan about 15 minutes before the meat is done. Do not allow the saucepan to go off the boil or the dumplings will break.

To make dumplings, see Recipe 21.

## COST

9d.

## 24. BRAWN

Calories for Recipe	Grammes Protein 178 Fat 310 Carbo- hydrate —
3542	

5 lb. Pig's Head (½ head)

1 lb. Beef Flank

2 tsp. Salt

1 tsp. Mixed Herbs

Cut off the snout. Clean the head carefully. Cut off the cheek, ear, tongue and brains, etc., and wash. Cut these and the beef into small dice. Put all into a saucepan just big enough, and only just cover with water, add the salt and herbs. Boil gently for 3 hours. Turn into a mould and leave until cold. When

it has set, turn out and serve. Do not stir or it will be cloudy. Makes about 4 lb.

COST  
1s. 1½d.

### 25. CHICKEN SOUFFLÉ

Calories	Grammes
for	Protein 133
Recipe	Fat 83
	Carbo-
	hydrate —

1283

Enough for four persons—

1 lb. Chicken (no bone)  
2 oz. Butter

4 Eggs (large)  
4 tbsp. Stock, Recipe 1  
Pepper and Salt

Pound the chicken or mince very finely, then add gradually the butter, 4 yolks and 2 whites of eggs, and beat well together. Whip the remaining egg whites to a stiff froth and stir in lightly. Put the mixture in a well greased mould, steam very gently for about 1 hour or a little less, until set, or bake for  $\frac{3}{4}$  hour or until set.

Note. Pounded liver or fish can be cooked in the same way.

COST  
2s. 5¼d.—3s. 8¼d.

### 26. CURRY AND RICE

Calories	Grammes
for	Protein 39
Recipe	Fat 106
	Carbo-
	hydrate 85

1455

Enough for four persons—

$\frac{1}{2}$  lb. Onions  
 $\frac{1}{4}$  lb. Apple  
2 oz. Dripping  
 $\frac{1}{2}$  oz. Flour

$\frac{1}{2}$  pt. Stock, Recipe 1  
6 oz. Meat (cold)  
 $\frac{1}{2}$  tsp. Curry Powder  
Twice Rice Recipe 100  
Pepper and Salt

Peel onions, peel and core apples, cut into slices, and fry in dripping. Mix the curry powder with the flour and add to vegetables and apple in frying-pan. Add the stock and cook gently for about  $\frac{1}{2}$ — $\frac{3}{4}$  hour. Season with pepper and salt. Add the meat cut into neat pieces just before serving, long enough to heat. Dish in a border of boiled rice.

COST  
6¾d.—1s. 1¼d.

## 27. HAM ROLL

Calories for Recipe	Grammes Protein    204 Fat        204 Carbo- hydrate   81
2975	
1 lb. Ham (no bone)	5 oz. Breadcrumbs
1 lb. Veal (raw—no bone)	3 Eggs
	Pepper and salt

Mince the ham and veal, add the breadcrumbs. Beat up the eggs and add to the mixture. Season well with pepper and salt. Knead together, form into a roll, tie firmly in a floured cloth, and boil gently for  $2\frac{1}{4}$ – $2\frac{1}{2}$  hours. When it is cooked take out of cloth and sprinkle with raspings. Makes about  $2\frac{1}{4}$  lb.

## COST

3s.  $5\frac{3}{4}$ d.—4s. 7d.

## 28. IRISH STEW

Calories for Recipe	Grammes Protein    173 Fat        220 Carbo- hydrate   508
4703	
Enough for four persons—	
1½ lb. Middle Neck (Target)	For the Dumplings—
Lamb or Mutton (lean)	¾ lb. Flour
3 lb. Potatoes	¼ lb. Suet
1 lb. Onions	Pepper and Salt

Cut up the meat into neat joints. Peel and cut up the onions and potatoes. Place in saucepan with a pinch of salt, just cover with water, and simmer for  $1\frac{1}{2}$  hours. Make the dumplings, drop these into stew about 15 minutes before the meat is done. Do not allow the stew to go off the boil or the dumplings will break.

To make dumplings, see Recipe 21.

## COST

1s.  $2\frac{1}{4}$ d.—2s.  $5\frac{1}{2}$ d.

## 29. KIDNEY AND POTATO CHIPS

Calories for Recipe	Grammes Protein    72 Fat        297 Carbo- hydrate   212
3809	

Enough for four persons—

6 oz. Kidneys	4 Rashers Bacon (4 oz.)
1½ lb. Potatoes	1½ oz. Butter
	Pepper and Salt

Peel the potatoes, cut into strips, and fry a light brown. Skin the kidneys, cut them in half, and fry in a frying-pan with bacon and a little butter. Serve on the potato chips with a little butter on each kidney. Season with pepper and salt.

COST

11¾d.—1s. 2½d.

30. MEAT PATTIES

Calories for Recipe	Grammes Protein 87 Fat 195 Carbo- hydrate 170
2780	

Enough for four persons—

¾ lb. Meat	Short Crust, Recipe 105,
Pepper and Salt	Using—
	8 oz. Flour
	4 oz. Butter
	1 tsp. Baking Powder

Make short crust by Recipe 105, roll out ¼ in. thick, cut into any convenient shapes. Place a portion of the meat, chopped and seasoned with pepper and salt, in the centre of each piece of pastry, damp the edges, cover with another piece of pastry the same shape, press the edges together to seal, and bake in a hot oven for ½–1 hour.

COST

1s. 0½d.—1s. 9½d.

31. MEAT PUDDING

Calories for Recipe	Grammes Protein 166 Fat 260 Carbo- hydrate 340
4360	

Enough for four persons—

1 lb. Stewing Beef (pieces)	For Crust—
¼ lb. Kidney	1 lb. Flour
Pepper and Salt	4 oz. Suet
	2 tsp. Baking Powder

**THE CRUST.** Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water.

Line a pudding basin with the crust, leaving a piece of pastry for the top. Cut up the meat and kidney, removing skin and gristle. Season with pepper and salt. Sprinkle with flour and place in the lined basin, adding 3 tbsp. of water. Cover the top with remaining crust, damp the edges of the pastry, press together to seal. Cover with greased paper and steam for 4 hours or more.

### COST

1s. 0d.—1s. 10d.

### 32. HARICOT MUTTON

Calories	Grammes
for	Protein 113
Recipe	Fat 129
	Carbo-
1969	hydrate 90

Enough for four persons—

1½ lb. Scrag Mutton (lean)  
½ lb. Onion  
½ lb. Carrot  
½ lb. Turnip

½ lb. Haricot Beans  
Pepper and Salt

Soak the haricot beans overnight. Cut the meat into neat pieces. Peel and cut up the onions and turnips, scrape the carrots and cut up. Place all in a saucepan with the haricot beans. Season with pepper and salt, bring to the boil, and simmer gently for 2½ hours.

### COST

10½d.

### 33. MUTTON PIE

Calories	Grammes
for	Protein 70
Recipe	Fat 167
	Carbo-
2452	hydrate 169

Enough for four persons—

1 lb. Cold Meat  
1 lb. Potatoes

3 tbsp. Stock, Recipe 1, or  
Water

Short Crust, Recipe 105

Pepper and Salt

Cut the meat into thin slices. Partly boil the potatoes and cut into thin slices. Fill a pie dish with layers of cold meat

and the potatoes. Add 3 tbsp. of stock or water. Season with pepper and salt. Cover with a crust made by Recipe 105, and bake in a moderate oven for 1-1½ hours.

**COST**

1s. 3d.-1s. 9d.

**34. PIG'S FRY (BAKED)**

Calories for Recipe	Grammes Protein 101 Fat 189 Carbo- hydrate 315
3369	

Enough for four persons—

¾ lb. Pig's Fry	Pepper and Salt
1 oz. Bacon	Suet Crust—
1 lb. Onions	12 oz. Flour
	4 oz. Suet

Peel and slice the onions, put a layer into a pie-dish, and season with pepper and salt. Then put a layer of pig's fry and bacon cut into pieces. Fill the pie-dish with layers of these and cover with the suet crust made by method Recipe 104. Bake in a moderate oven for 1-1½ hours.

**COST**

1s. 0½d.-1s. 3¼d.

**35. PIG'S FRY, BACON, AND CHIPPED POTATOES**

Calories for Recipe	Grammes Protein 77 Fat 262 Carbo- hydrate 161
3308	

Enough for four persons—

¾ lb. Pig's Fry	4 oz. Dripping
4 oz. Bacon	2 lb. Potatoes
	Pepper and Salt

Put the dripping into a frying-pan, fry the pig's fry and bacon. Take out and place on a dish; keep hot. Peel and cut the potatoes into strips and fry in the fat that is in the pan left from the cooking of the flare, bacon, and dripping.

**COST**

1s. 0d.

## 36. BOILED SALT PORK AND PEASE PUDDING

Calories	Grammes
for	Protein 162
Recipe	Fat 232
	Carbo-
	hydrate 233

3667

Enough for four persons—

1½ lb. Breast Salt Pork (lean)

1½ lb. Parsnips  
Pepper

Wash the meat to remove any unnecessary salt. Peel and cut up the parsnips. Place all in a saucepan and just cover with water, about 1½ pt., add pepper to taste, bring to the boil, and simmer gently for 2 hours.

## PEASE PUDDING

½ lb. Split Peas  
Pepper and Salt

½ oz. Butter

Soak the peas overnight. Tie in a cloth and cook till tender, about 2 hours. Take out of cloth and place in a basin and beat up with butter, pepper and salt. Cover and keep hot until served.

## COST

1s. 7½d.

## 37. CASSEROLE OF RABBIT

Calories	Grammes
for	Protein 67
Recipe	Fat 67
	Carbo-
	hydrate 27

982

Enough for four persons—

2 lb. Rabbit

1 oz. Dripping

4 oz. Ham or Pork

1 oz. Flour

2 oz. Onion

Water, Pepper, and Salt

Peel and slice the onion, cut the rabbit into small joints. Fry in the dripping till light brown, place in the casserole with the ham or pork and onions. Season with pepper and salt. Just cover with water, about ½–¾ pt., cover closely with the lid, and cook slowly in the oven till tender, about 1½–2 hours. Mix the flour to a smooth paste with a little cold water and add gradually; cook for a little longer.

## COST

11½d.—1s. 10d.

### 38. JUGGED RABBIT AND FORCEMEAT BALLS

Calories for Recipe	Grammes
	Protein 121
	Fat 142
	Carbo- hydrate 350

3159

Enough for four persons—

2 lb. Rabbit	4 oz. Flour
4 oz. Bacon	$\frac{1}{2}$ oz. Dripping
$\frac{1}{2}$ lb. Onions	2 lb. Potatoes (boiled)
Cloves, Pepper, and Salt	

Cut the rabbit and bacon into neat pieces and fry the rabbit in the dripping till it is a pale brown. Peel the onions and stick with 2-4 cloves; place all in a saucepan. Season with pepper and salt. Just cover with water and simmer gently until tender, about  $1\frac{1}{2}$ -2 hours.  $\frac{1}{4}$  hour before it is done, mix the flour with a little cold water and add gradually to the stew to thicken the gravy; bring to the boil. Drop in the forcemeat balls, and cook for 15 minutes longer; keep the saucepan boiling or the forcemeat balls will break. Serve with the potatoes.

### FORCEMEAT BALLS

1 Egg	6 oz. Breadcrumbs
2 oz. Suet	Pepper and Salt

Chop the suet and add the breadcrumbs, season with pepper and salt, add a sprinkle of mixed herbs. Add the beaten egg and form into balls.

### COST

1s.  $3\frac{1}{2}$ d.—1s. 9d.

### 39. SHEPHERDS' PIE

Calories for Recipe	Grammes
	Protein 56
	Fat 104
	Carbo- hydrate 107

1589

Enough for four persons—

$1\frac{1}{2}$ lb. Potatoes	1 oz. Onion
$\frac{3}{4}$ lb. Cold Meat	3 tbsp. Stock, Recipe 1, or
$1\frac{1}{2}$ oz. Butter	Water
	Pepper and Salt

Peel and boil the potatoes; when they are cooked add the butter, and mash. Mince the meat, peel and chop the onion.



Place in a greased pie-dish, season with pepper and salt. Add 3 tbsp. of stock, Recipe 1, or water. Cover with the mashed potato and bake a golden brown, about  $\frac{1}{2}$ – $\frac{3}{4}$  hour.

## COST

1s. 1 $\frac{3}{4}$ d.—1s. 9d.

## 40. STEAK AND KIDNEY PUDDING

Calories	Grammes
for	Protein 133
Recipe	Fat 254
	Carbo-
3538	hydrate 181

Enough for four persons—

$\frac{3}{4}$ lb. Stewing steak	For Suet Crust—
3 oz. Kidney	8 oz. Flour
$\frac{1}{2}$ oz. Flour	4 oz. Suet
Pepper and Salt	

**THE CRUST.** Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, and mix to a stiff dough with water.

Line a greased pudding basin with suet crust, leaving a piece of pastry for the top. Cut up the meat and kidney, removing skin and gristle. Season with pepper and salt. Sprinkle with flour, place in the lined basin, adding 3 tablespoonfuls of water. Cover the top with remaining crust, damp the edges of pastry, and press together to seal, cover with greased paper, and steam for 4 hours or more.

## COST

1s. 2 $\frac{1}{2}$ d.—1s. 5 $\frac{1}{2}$ d.

## 41. SWEETBREADS IN WHITE SAUCE

Calories	Grammes
for	Protein 99
Recipe	Fat 55
	Carbo-
1001	hydrate 28

Enough for four persons—

1 lb. Sweetbreads	3 oz. Flour
$\frac{1}{4}$ pt. Stock, Recipe 1	4 oz. Butter
Pepper and Salt	1 pt. Milk

Soak the sweetbreads in a little salt water for about 1 hour. Remove any gristle, place in boiling water and boil a few minutes, remove from water and place in a saucepan, cover with the milk, season with pepper and salt. Simmer gently

for about 2 hours till tender, place the sweetbreads on a dish and keep hot. Melt the butter in a saucepan, add the flour and stir to a smooth paste, add the milk gravy from the sweetbreads gradually and stir, return to saucepan. Boil until thickened. Serve round sweetbreads.

# COST

1s. 6½d.—3s. 2½d.

## 42. TRIPE AND ONIONS

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
955	69 43 74

Enough for four persons—

1 lb. Tripe	½ pt. Milk
¾ lb. Onions	1 oz. Butter
2 oz. Flour	½ pt. Water
Pepper and Salt	

Put the tripe in a saucepan and cover with water, bring to the boil, throw away the water, take out the tripe, and cut into pieces. Peel and cut up onions and place with the tripe in a saucepan with the milk and water, bring to the boil and simmer for 2 hours. Mix the flour to a smooth paste with a little cold water, stir gradually into the mixture, adding the butter. Season with pepper and salt. Boil all up again for a few minutes longer.

# COST

11d.—1s. 1½d.

## 43. VEAL FRICASSEE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
832	81 44 28

Enough for four persons—

¾ lb. Veal (cooked)	½ pt. Milk
2½ oz. Stock, Recipe 1, or Water	1 oz. Flour
1 oz. Butter	Pepper and Salt

Make a sauce by Recipe 17 (a). Mince the veal and stir into sauce, season with pepper and salt. Serve.

(This method may be used for Fricassee of any meat, or fish.)

## COST

1s. 10½d.—2s. 1d.

## VEGETABLES

## 44. BAKED EGG IN TOMATO

Calories	Grammes
for	Protein 12
Recipe	Fat 13
	Carbo-
257	hydrate 23

Enough for one person—

½ lb. Tomato	1 Egg
1 slice Buttered Toast	Pepper and Salt

Cut the top off the tomato, scoop out the pulp. Break an egg into the tomato and bake in a moderate oven for 7–10 minutes. Heat the pulp with a little butter, and spread on the toast. Serve the baked egg, in the tomato, on the toast.

## COST

## 45. CAULIFLOWER AND CHEESE SAUCE

Calories	Grammes
for	Protein 72
Recipe	Fat 125
	Carbo-
1763	hydrate 88

Enough for four persons—

1½ lb. Cauliflower	2 oz. Flour
2 oz. Butter	6 oz. Grated Cheese
½ pt. Milk	1 oz. Lemon Juice

Prepare and cook the cauliflower till tender, drain, and place on a dish. Make a sauce with the flour, butter, and milk, Recipe 17 (a). Add to this half the grated cheese and lemon juice, then pour over the cauliflower; sprinkle with the remainder of the grated cheese. Place in a hot oven or under the grill to brown. A little mustard may be added to the sauce if liked.

Note. Leeks may be used instead of cauliflower.

## COST

8½d.—1s. 1½d.

## 46. CHEESE AND POTATO BALLS

Calories	Grammes
for	Protein 37
Recipe	Fat 40
	Carbo-
	hydrate 107

936

Enough for four persons—

1 lb. Potatoes (Mashed)

1 Egg

 $\frac{1}{2}$  oz. Butter

2 oz. Cheese (grated)

1 oz. Breadcrumb raspings

Pepper and Salt

Add the beaten egg, grated cheese, and butter to the mashed potatoes, form into balls, coat with egg and breadcrumbs, and fry in deep fat.

## COST

2½d.—3¾d.

## 47. CREAMED POTATOES

Calories	Grammes
for	Protein 7
Recipe	Fat 13
	Carbo-
	hydrate 62

393

Enough for four persons—

1 lb. Potatoes

Pepper and Salt

 $\frac{1}{2}$  oz. Butter

Peel and boil potatoes. When they are cooked, add the butter and beat with a fork. Season with pepper and salt.

## COST

1¼d.—1¾d.

## 48. PARSNIP RISsoles

Calories	Grammes
for	Protein 40
Recipe	Fat 130
	Carbo-
	hydrate 158

1963

Enough for four persons—

1½ lb. Parsnips

4 oz. Dripping or Butter

6 oz. Breadcrumbs

1 Egg

Pepper and Salt

Prepare the parsnips and partly boil. Strain and cut up, fry in the fat till tender. Turn into a basin and mash up; add breadcrumbs; season with pepper and salt. Form into balls

or rolls, cover with egg and breadcrumbs. Fry or grill till pale brown.

## COST

4½d.-7¼d.

## 49. POTATO CROQUETTES

Calories	Grammes
for	Protein 30
Recipe	Fat 36
	Carbo-
952	hydrate 128

Enough for four persons—

1 lb. Boiled Potatoes	2 small eggs
1 oz. Butter	3 oz. Breadcrumbs, oven-
2 tbsp. Milk	dried " Raspings "
Pepper and Salt	

Melt the butter in a saucepan. Add potatoes, season with pepper and salt, beat till smooth. Turn into a basin, beat in 1½ eggs, leave till cold, divide into balls, coat well with egg and breadcrumbs, and fry in boiling fat. Drain well.

## COST

4½d.

## 50. STUFFED ONIONS

Calories	Grammes
for	Protein 56
Recipe	Fat 52
	Carbo-
1260	hydrate 142

Enough for four persons—

1¼ lb. Onions	6 oz. Breadcrumbs
6 oz. Ham or Bacon	½ tsp. Marmite
¼ pt. Water	Pepper and Salt

Take four 4 oz. onions, peel carefully, and cut off a piece at the top of each. Scoop out the centre, chop this up and add to the minced ham and breadcrumbs. Season with pepper and salt. Fill the onions with the mixture, place in a baking tin. Make a stock with the Marmite and water; pour this round. Bake in a hot oven till tender, about 1-1½ hours.

## COST

5¾d.-9½d.

## 51. STUFFED POTATOES

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
183	5 5 28

Enough for one person—

One 5 oz. Potato  
Pepper and salt

$\frac{1}{2}$  oz. Grated Cheese

Scrub the potato and bake in its skin till soft. Cut lengthways. Scoop out centre and mix with grated cheese. Season with pepper and salt. Re-fill the 2 half-skins, return to the oven and brown, or brown under the grill.

Note. If Marmite is used instead of cheese, allow  $\frac{1}{4}$  tsp., i.e. Calories 122 (P. 3, F. 0, C. 28).

## COST

$\frac{3}{4}$  d.—1d.

## 52. STUFFED TOMATOES

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
867	18 76 26

Enough for four persons—

1 lb. Tomatoes

$1\frac{1}{4}$  oz. Bacon

Mince the bacon. Scoop out a little of the tomato (stalk end) and fill with the bacon. Bake or grill till tender.

## COST

5d.—11 $\frac{1}{2}$ d.

## SALADS

## 53. A, B, AND C SALAD

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
474	5 38 27

Enough for four persons—

6 oz. Cabbage  
4 oz. Tomatoes  
2 oz. Onion

2 oz. Olives (green)  
1 tbsp. Lemon Juice  
 $1\frac{1}{2}$  tbsp. Olive Oil

Choose a young firm cabbage, trim and wash thoroughly, see that it is crisp and dry, shred finely. Stone the olives, chop olives and onions very finely, slice the tomatoes. Mix all together and decorate with sliced tomato. Dress with olive oil and lemon.

## COST

6½d.-8d.

## 54. APPLE AND CABBAGE SALAD

Calories	Grammes
for	Protein 11
Recipe	Fat 29
	Carbo-
482	hydrate 45

Enough for four persons—

1 Egg	4 oz. Cabbage
2 oz. Onion	¾ oz. Oil
¾ lb. Apple	1 tbsp. Vinegar

Choose a young firm cabbage, wash thoroughly. See that it is crisp and dry. Boil the egg hard. Powder the yolk and mix with the finely shredded cabbage. Peel and core the apples, cut into small dice, or grate. Chop the onion finely, sprinkle it over the cabbage. Dress with vinegar and oil.

## COST

4½d.-7½d.

## 55. APPLE AND DATE SALAD

Calories	Grammes
for	Protein 8
Recipe	Fat 21
	Carbo-
622	hydrate 100

Enough for four persons—

8 oz. Apple	1 oz. Walnuts
2 oz. Dates	½ oz. Sugar
4 oz. Lettuce	½ oz. Lemon Juice

Prepare and wash the lettuce. Peel and core the apple, and cut up. Stone the dates and cut up, chop the walnuts. Arrange all on lettuce leaves. Sprinkle with sugar and lemon juice.

## COST

5d.-9d.

## 56. AUTUMN SALAD

Calories	Grammes
for	Protein 13
Recipe	Fat 59
	Carbo-
	hydrate 38

732

Enough for four persons—

4 oz. Lettuce	4 oz. Grape-fruit
4 oz. Orange	$\frac{3}{4}$ oz. Lemon Juice
2 oz. Walnuts	$\frac{3}{4}$ oz. Olive Oil

Prepare and wash the lettuce. Prepare the orange and grape-fruit, remove all pith. Chop the walnuts. Sprinkle with lemon juice and oil and serve on lettuce leaves.

## COST

7½d.—1s. 2d.

## 57. CANADIAN SALAD

Calories	Grammes
for	Protein 3
Recipe	Fat 2
	Carbo-
	hydrate 74

325

Enough for four persons—

4 oz. Lettuce	4 oz. Pineapple
4 oz. Apple	4 oz. Orange

Prepare and wash the lettuce, slice the fruit, and serve on the lettuce.

## COST

4½d.—9d.

## 58. CABBAGE AND CARROT SALAD

Calories	Grammes
for	Protein 10
Recipe	Fat 17
	Carbo-
	hydrate 64

453

Enough for four persons—

4 oz. Cabbage	3 oz. Carrot
8 oz. Potatoes (cooked)	2 oz. Onion
1 oz. Watercress	1 oz. Mayonnaise

Choose a firm young cabbage, trim and wash thoroughly. Shred very finely, chop the onion. Cut the potato into dice. Wash and break up the watercress. Grate the carrot, mix all



together. Dress with mayonnaise and grate a little carrot on the top.

## COST

3d.-4½d.

## 59. CARROT AND WATERCRESS SALAD

Calories	Grammes
for	Protein 7
Recipe	Fat 34
	Carbo-
	hydrate 32

459

Enough for four persons—

5 oz. Lettuce  
2 oz. Onion  
3 oz. Radish

4 oz. Carrot  
2 oz. Watercress  
1 tbsp. Lemon Juice  
4 tbsp. Mayonnaise

Prepare the lettuce and watercress, wash thoroughly, and break up. Chop the radish and onion, grate the carrot. Sprinkle with lemon juice and mix. Dress with mayonnaise and decorate with grated carrot.

## COST

4½d.-10½d.

## 60. CELERY AND NUT SALAD

Calories	Grammes
for	Protein 16
Recipe	Fat 119
	Carbo-
	hydrate 11

1178

Enough for four persons—

4 oz. Celery  
4 oz. Lettuce

2 oz. Nuts  
2 oz. Mayonnaise

Wash the lettuce and cut up the celery, chop the nuts, mix and sprinkle with mayonnaise, serve on lettuce leaves.

## COST

8½d.-1s. 1½d.

## 61. CHEESE SALAD

Calories	Grammes
for	Protein 34
Recipe	Fat 42
	Carbo-
	hydrate 12

567

Enough for four persons—

4 oz. Cheese	4 oz. Tomato
4 oz. Lettuce	

Wash the lettuce and slice the tomato, arrange on a dish, and grate or flake the cheese over the salad.

### COST

4d.-9½d.

## 62. EGG MAYONNAISE

Calories	Grammes
for	Protein 37
Recipe	Fat 105
	Carbo-
1126	hydrate 8

Enough for four persons—

4 Eggs	4 oz. Tomato
4 oz. Lettuce	2 oz. Mayonnaise

Boil the egg hard and slice. Wash the lettuce, slice the tomato, arrange in a dish, and sprinkle with mayonnaise.

### COST

8d.-1s. 6d.

## 63. FRUIT SALAD

Calories	Grammes
for	Protein 3
Recipe	Fat 2
	Carbo-
456	hydrate 107

Enough for four persons—

4 oz. Oranges	4 oz. Cherries
4 oz. Apples	4 oz. Pineapple
4 oz. Orange Juice	

Prepare and cut up the fruit and mix. Add orange juice.

### COST

5½d.-8½d.

## 64. GRAPE-FRUIT AND CHERRY SALAD

Calories	Grammes
for	Protein 9
Recipe	Fat 20
	Carbo-
560	hydrate 86

Enough for four persons—

20 oz. Grape-fruit  
3 oz. Cherries  
4 oz. Lettuce

1 oz. Brazil Nuts

Prepare and wash the lettuce. Remove the pith and skin from the grape-fruit and break up. Chop the nuts, stone the cherries. Serve all on lettuce leaves.

### COST

1s.—2s. 3½d.

## 65. ORANGE AND APPLE SALAD

Calories	Grammes
for	Protein 6
Recipe	Fat 3
508	Carbo- hydrate 115

Enough for four persons—

1 lb. Apples

4 Oranges (large)

Choose fruit of good flavour, peel and core the apple. Peel the oranges and remove all pith and pips. Slice and serve.

### COST

6d.—10d.

## 66. ORANGE SALAD

Calories	Grammes
for	Protein 5
Recipe	Fat 2
638	Carbo- hydrate 150

Enough for four persons—

4 Oranges (small)  
2 Bananas  
½ Lemon

1 oz. Candied Peel  
2 oz. Sugar

Prepare the fruit, and cut up. Mix in a bowl. Sprinkle with sugar, chopped candied peel, and grated lemon rind; add the juice. Mix all together.

### COST

## 67. RUSSIAN SALAD

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
518	16 18 73

Enough for four persons—

4 oz. Lettuce	1 oz. Turnip
4 oz. Peas	2 oz. Carrot
1 oz. Mayonnaise	8 oz. Potato

Use cooked vegetables, cut into dice and arrange on lettuce leaves. Cover with mayonnaise.

## COST

4½d.-7½d.

## 68. VITAMIN SALAD

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
137	6 1 26

Enough for four persons—

4 oz. Lettuce	4 oz. Tomato
4 oz. Beetroot (raw)	1 oz. Watercress
4 oz. Carrot (raw)	

Grate the carrot and beetroot, slice the tomato, and wash and break the watercress. Mix all together and serve on the lettuce.

## COST

3½d.-9¾d.

## 69. WINTER SALAD

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
485	9 34 36

Enough for four persons—

8 oz. Cabbage	4 oz. Onion
4 oz. Beetroot	2 oz. Mayonnaise

Choose a young firm cabbage, trim and wash thoroughly. Be sure it is crisp and dry, then shred finely. Chop the onion,

cut the beetroot into dice. Mix all together and dress with mayonnaise.

## COST

4½d.-5½d.

N.B. See note about Salads, Page 66, "General Principles."

## PUDDINGS AND SWEET DISHES

## 70. APPLE AMBER

Calories	Grammes
for	Protein 13
Recipe	Fat 35
	Carbo-
1012	hydrate 162

Enough for four persons—

1 lb. Apples	2 Eggs (small)
3 oz. Sugar	2 tbsp. Castor Sugar (for
1 oz. Butter	whipped egg whites)
	1 Lemon Rind and Juice

Peel and core the apples and cook till tender, adding the butter, grated lemon rind, juice, and sugar. When it is cooked beat up with a fork or rub through a sieve, add the egg yolks and beat again, pour into a pie-dish. Whip the egg whites to a stiff froth with a little sugar, pile on top, sprinkle well with sugar, place in a cool oven and brown slightly.

## COST

6½d.-7½d.

## 71. APPLE DUMPLINGS

Calories	Grammes
for	Protein 56
Recipe	Fat 200
	Carbo-
4004	hydrate 494

Enough for four persons—

4 Cooking Apples (large)	Short Crust—
2 oz. Sugar	1 lb. Flour
	8 oz. Butter
	Water and Pinch of Salt

Peel and core the apples, fill the centres with sugar. Roll out the pastry and cut into sections. Place an apple in the centre of each piece, draw the pastry up over the apple to completely cover, seal the edges carefully. Place on a greased tin

and bake in a moderate oven for  $\frac{3}{4}$  hour. Make pastry by Recipe 105, using above quantities.

## COST

11 $\frac{3}{4}$ d.—1s. 1 $\frac{3}{4}$ d.

## 72. APPLE PUDDING

Calories for Recipe	Grammes Protein 24 Fat 73 Carbo- hydrate 232
1685	

Enough for four persons—

1 lb. Apples  
2 oz. Sugar  
Water

Suet Crust—  
6 oz. Flour  
3 oz. Suet  
Water and Pinch of Salt

Make a suet crust, Recipe 103. Grease and line a pudding basin with the crust, leaving a piece for the top. Peel, core, and slice the apples, put these into the crust-lined basin with the sugar and a tablespoonful of water, cover with the remaining piece of crust, damp to seal the edges, cover with greased paper, and steam for 2–3 hours.

## COST

6 $\frac{1}{4}$ d.—7d.

## 73. APPLE FROST

Calories for Recipe	Grammes Protein 9 Fat 2 Carbo- hydrate 150
656	

Enough for four persons—

1 lb. Apples  
2 Egg Whites

3 oz. Sugar (castor or  
granulated)

Peel and core the apples. Cook till tender, add the sugar, beat all to a pulp with a fork or rub through a sieve. Beat the whites to a stiff froth, add to the apple, and beat till white.

## COST

6 $\frac{1}{4}$ d.—11 $\frac{1}{4}$ d.

## 74. BANANAS AND CREAM

Calories	Grammes
for	Protein 6
Recipe	Fat 16
	Carbo-
	hydrate 106

592

Enough for four persons—

4 Bananas

4 tbsp. Cream

1 oz. Sugar (castor)

Cut the bananas lengthways and place in a glass dish. Whip the cream, adding half the sugar, and pile on top of bananas. Shake over the remainder of the sugar, and serve.

## COST

8d.-10d.

## 75. BANANA FRITTERS

Calories	Grammes
for	Protein 26
Recipe	Fat 45
	Carbo-
	hydrate 141

1074

Enough for four persons—

4 Bananas

Batter, Recipe 108

Cut the bananas lengthways, dip in the batter, and fry in boiling fat.

## COST

## 76. BANANA JELLY

Calories	Grammes
for	Protein 28
Recipe	Fat 1
	Carbo-
	hydrate 162

769

Enough for four persons—

Lemon Jelly, Recipe 94

6 oz. Banana (2 bananas)

Make lemon jelly by Recipe 94. Cut up the bananas and place in mould, pour the jelly over when it is cool, but before it sets.

## COST

9½d.-1s. 0½d.

## 77. BONITA PUDDING

Calories for Recipe	Grammes Protein 23 Fat 14 Carbo- hydrate 186
966	

Enough for four persons—

6½ oz. Castor Sugar	¼ oz. Gelatine
2 Eggs	1 oz. Cream
8 tbsp. Water (hot)	1 Lemon Rind (grated) and Juice

Separate the whites from the yolks of the eggs. Beat up the yolks with the sugar till creamy. Melt the gelatine in the water. Add the lemon juice, grated rind and melted gelatine to the sugar and egg yolks. Pour into a glass dish. Beat the egg whites to a stiff froth and mix in, leave to set. Serve with the cream, whipped and placed in little heaps on top.

COST

6½d.

## 78. BREAD AND BUTTER PUDDING

Calories for Recipe	Grammes Protein 49 Fat 57 Carbo- hydrate 218
1578	

Enough for four persons—

8 oz. Bread	1 pt. Milk
1 oz. Butter	2 oz. Currants
1 Egg	1 oz. Sugar

Grease a pie-dish. Cut the bread into slices and butter it, half fill a pie-dish in layers. Sprinkle currants between. Beat the egg and add the milk and sugar. Pour over the bread and butter, grate a little nutmeg over if liked, and leave to soak for ½ hour. Cook in a very moderate oven for about ¾ hour, till brown and crisp on top.

COST

7d.-8d.

## 79. CASTLE PUDDING

Calories for Recipe	Grammes Protein 29 Fat 109 Carbo- hydrate 199
1895	



Enough for four persons—

2 Eggs	4 oz. Flour
4 oz. Sugar (castor)	4 oz. Butter
$\frac{1}{2}$ tsp. Baking Powder	

Beat the butter and sugar to a cream. Add the eggs one at a time and beat well in. Stir in the flour and baking powder lightly. Grease a pudding-basin and half fill with the mixture. Steam for  $1\frac{1}{2}$  hours.

(Turn out and pour jam sauce round—see Recipe 14.)

### COST

#### 80. CHOCOLATE BLANCMANGE

Calories	Grammes
for	Protein 16
Recipe	Fat 28
	Carbo-
757	hydrate 110

Enough for four persons—

$\frac{3}{4}$ pt. Milk	$1\frac{1}{2}$ oz. Chocolate (broken up)
1 tbsp. cornflour	$1\frac{1}{2}$ oz. Sugar

Mix the cornflour to a smooth paste with a little cold milk. Put the milk, broken chocolate, and sugar into a saucepan and bring to the boil. When the chocolate and sugar have melted, pour on to the mixed cornflour while boiling, and stir till smooth. Turn into a clean saucepan and boil for 5–10 minutes, stirring all the time. Turn into a cold wet mould and leave till set.

### COST

5d.–6d.

#### 81. CHOCOLATE RICE PUDDING

Calories	Grammes
for	Protein 33
Recipe	Fat 63
	Carbo-
1373	hydrate 169

Enough for four persons—

1 pt. Milk	$\frac{1}{2}$ oz. Butter
3 oz. Rice (unpolished)	2 oz. Chocolate
2 oz. Sugar	

Wash the rice and place in a pie-dish, break up the chocolate, bring the milk to the boil in a saucepan and melt the chocolate

in it, add the sugar, pour over the rice. Add the butter in small pieces. Place in the oven and bake slowly for  $1\frac{1}{2}$ –2 hours.

### COST

6d.– $7\frac{1}{2}$ d.

## 82. CHRISTMAS PUDDING

Calories	Grammes
for	Protein 23
Recipe	Fat 43
	Carbo-
1004	hydrate 130

Enough for four persons—

1 oz. Flour	1 oz. Sugar (brown)
1 oz. Breadcrumbs	1 oz. Suet
1 oz. Currants	2 Eggs (small)
1 oz. Sultanas	Pinch Salt, Allspice,
1 oz. Raisins	Nutmeg

Stone the raisins, clean and pick the currants and sultanas, prepare the breadcrumbs, and chop the suet. Mix all the dry ingredients, beat the eggs and add to the mixture, stir well, see that all are mixed, place in a greased basin, tie pudding cloth on firmly. Place in boiling water and boil for 3–4 hours or more.

Note. This mixture may be used for any quantity. If pounds are used instead of ounces, about 8 large eggs will be required, and 12 hours or more for boiling.

### COST

$4\frac{1}{4}$ d.– $6\frac{1}{4}$ d.

## 83. CUSTARD (BOILED)

Calories	Grammes
for	Protein 14
Recipe	Fat 21
	Carbo-
340	hydrate 24

Enough for four persons—

$\frac{1}{2}$ pt. Milk	1 dsp. Sugar (castor or gran.)
1 Egg yolk	1 tsp. Cornflour

Beat the egg yolk and sugar together. Mix the cornflour with a little cold milk. Put the remainder of the milk into a saucepan (double if possible), add the beaten egg and sugar and the mixed cornflour, stir over the heat until it thickens. Remove

from heat at once or the mixture will curdle; do not let it boil.

## COST

3½d.

## 84. CUSTARD (BAKED)

Calories	Grammes
for	Protein 49
Recipe	Fat 47
	Carbo-
845	hydrate 57

Enough for four persons—

1 pt. Milk

1 oz. Sugar (castor or gran.)

4 Eggs (small)

Beat up the eggs. Add the milk and sugar, pour into a buttered pie-dish, place the dish in a tin half-filled with water. Bake in a slow oven for ¾ hour.

## COST

7½d.—8½d.

## 85. DAMSON FOOL

Calories	Grammes
for	Protein 27
Recipe	Fat 37
	Carbo-
1055	hydrate 154

Enough for four persons—

2 lb. Damsons

2 oz. Peanuts

Custard, Recipe 83

Skin and stone the fruit, mash with a fork or rub through a sieve. Mix with the custard, Recipe 83. Place in a glass dish and grate the nuts on the top.

Note. Plums, currants, or blackberries may be used instead of damsons.

## COST

11½d.—1s. 3½d.

## 86. EGG SHAKE

Calories	Grammes
for	Protein 8
Recipe	Fat 16
	Carbo-
258	hydrate 21

Enough for one person—

1 Egg White	4 oz. Water
4 oz. Milk (8 tbsp.)	2 tsp. Sugar (castor)
2 tbsp. Cream	

Beat the white of the egg to a stiff froth. Put the milk, water, cream, and sugar into a glass. Mix together, add the beaten white, and serve.

Can also be served hot. Heat the milk, but do not let it boil, pour over the beaten white, stirring all the time.

COST

4d.—5½d.

### 87. EGG WHIP

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
315	12 12 40

Enough for one person—

1 Egg	½ pt. Milk
3 tbsp. Orange Juice or Lemon	1 tbsp. Sugar (castor)

Beat the white to a stiff froth. Beat the yolk and sugar to a cream. Add the fruit juice, then the milk. Stir in the beaten white and serve.

(Brandy or wine can be added when necessary.)

COST

3½d.—5½d.

### 88. FRESH FRUIT PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
2096	43 85 294

Enough for four persons—

¾ lb. Blackberries	3 oz. Butter
½ lb. Flour	1 Egg
3 oz. Sugar	2 tbsp. Milk

Prepare and wash the fruit. Cream the butter and sugar and beat the egg well in, add the flour and stir lightly, adding the milk. Grease a pudding-basin, put a layer of the mixture at the bottom, then a layer of the fruit, and so on till ¾ full. Cover the basin with greased paper and steam for 2–2½ hours.

Note. Plums, damsons, raspberries, or currants may be used instead of the blackberries.

## COST

7 $\frac{3}{4}$ d.—11 $\frac{1}{4}$ d.

## 89. FRUIT PUDDING MIXED

Calories	Grammes
for	Protein 48
Recipe	Fat 101
	Carbo-
2860	hydrate 440

Enough for four persons—

$\frac{3}{4}$ lb. Flour	$\frac{1}{4}$ lb. Raisins
$\frac{1}{4}$ lb. Suet	2 oz. Currants
2 oz. Sugar	

Chop the suet, stone the raisins, and wash the currants. Put the flour, chopped suet, prepared fruit, and sugar into a basin and mix to a stiff dough with water. Grease a pudding-basin and half fill with the mixture. Steam for 3–4 hours.

## COST

6 $\frac{1}{2}$ d.—8 $\frac{1}{2}$ d.

## 90. FRUIT WHIP

Calories	Grammes
for	Protein 25
Recipe	Fat 4
	Carbo-
478	hydrate 86

Enough for four persons—

$\frac{3}{4}$ lb. Raspberries	4 Egg Whites
1 $\frac{1}{4}$ oz. Sugar (castor)	

Rub the raspberries through a sieve, add the sugar. Beat the egg whites to a stiff froth, stir in the fruit lightly. Freeze for 1–2 hours if possible.

Note. Strawberries may be used instead of raspberries.

## COST

9 $\frac{3}{4}$ d.—1s. 0 $\frac{3}{4}$ d.

## 91. FRUIT PIE

Calories	Grammes
for	Protein 15
Recipe	Fat 51
	Carbo-
1279	hydrate 190

Enough for four persons—

Short Crust, Recipe 105	2 oz. Sugar
1 lb. Apples	Water

Peel, core, and cut up the apples. Place them in a pie-dish, add the sugar and a little water, line the edge of the pie-dish, and cover with pastry, Short Crust, Recipe 105. Bake in a hot oven for  $\frac{3}{4}$ –1 hour.

Note. Gooseberries or raspberries may be used instead of apples.

#### COST

Apples or gooseberries  $5\frac{1}{2}$ d.– $7\frac{1}{2}$ d.

For Raspberries  $6\frac{1}{2}$ d.– $10\frac{1}{2}$ d.

#### 92. GOOSEBERRY FOOL

Calories	Grammes	
for	Protein	16
Recipe	Fat	21
	Carbo-	
629	hydrate	95

Enough for four persons—

$\frac{1}{2}$ lb. Gooseberries	Custard, Recipe 83
2 tbsp. Sugar	

Stew the gooseberries till tender, rub through a sieve, add the sugar, make the custard by Recipe 83, and add to the sieved gooseberries. When it is cold serve in small glasses.

Note. Other fruits may be used instead of gooseberries.

#### COST

$5\frac{1}{4}$ d.– $6\frac{1}{4}$ d.

#### 93. JUNKET

Calories	Grammes	
for	Protein	19
Recipe	Fat	23
	Carbo-	
508	hydrate	57

Enough for four persons—

1 pt. Milk	1 oz. Sugar (castor)
1 tsp. Essence of Rennet	Nutmeg

Add the sugar to the milk and warm to blood heat. Pour into a glass dish, add the rennet, and stir. Leave quite still to set. When it has set grate over a little nutmeg.

#### COST

4d.

## 94. LEMON JELLY

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
602	26 — 124

Enough for four persons—

8 tbsp. Lemon Juice	4 oz. Sugar
1 oz. Gelatine	1 pt. Water

Put the water, gelatine, and sugar into a saucepan and stir until melted. Add the fruit juice, strained, pour into a mould and allow to set.

Note. The method is the same for any fresh fruit jelly. Orange or grape-fruit may be used.

## COST

7½d.—9½d.

## 95. MARMALADE PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
1496	25 55 225

Enough for four persons—

2 oz. Breadcrumbs	1 Lemon Rind (grated)
2 oz. Flour	1 oz. Sugar
2 oz. Suet	3 tbsp. Milk
3 tbsp. Marmalade	1 Egg

Chop the suet, grate the lemon rind, put these into a basin with the flour, breadcrumbs, egg, milk, sugar, and marmalade, and mix together. Grease a basin, put the mixture into it, cover with greased paper, and steam for 3½ hours.

(Serve with marmalade sauce—see Recipe 15.)

## COST

4¼d.

## 96. MINCEMEAT

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
1020	6 54 128

## 99. PORRIDGE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
226	9 4 37

Enough for four persons—

2 oz. Oatmeal (Rolled or  
Coarse)

1 pt. Water  
Pinch Salt

Take 2 oz. (1 teacupful) rolled oats and a pinch of salt and mix with  $\frac{1}{2}$  pt. (2 teacupfuls) cold water, add  $\frac{1}{2}$  pt. (2 teacupfuls) boiling water, pour into a saucepan—a double one if possible—and boil for 10–30 minutes. For coarse oatmeal the method is the same, but cook for 1–3 hours.

## COST

$\frac{1}{2}$ d.— $\frac{3}{4}$ d.

## 100. RICE BOILED

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
297	7 — 67

Enough for four persons—

3 oz. Rice (unpolished)  
Pinch of Salt

1 pt. Water

Wash rice and place in a  $1\frac{1}{2}$  pint basin, add a pinch of salt and the water. Cover with a plate or saucepan lid. Place the basin in a saucepan, surround with water half way up the basin, cook till tender. Do not let the saucepan boil dry; use a double saucepan if you have one. For rice with meats flavour the rice with herbs or curry powder if liked.

## COST

## 101. RICE MILK PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
1027	26 35 152



Enough for four persons—

3 oz. Rice (unpolished whole)	2 oz. Sugar
1 pt. Milk	$\frac{1}{2}$ oz. Butter

Wash the rice and place in a pie-dish. Add the sugar, the butter (in small pieces), and the milk, and grate a little nutmeg over. Bake in a moderate oven for  $1\frac{1}{2}$  hours or more.

COST

$4\frac{3}{4}$ d.— $5\frac{1}{2}$ d.

## 102. STRAWBERRY MERINGUE PUDDING

Calories	Grammes
for	Protein 42
Recipe	Fat 49
	Carbo-
	hydrate 205

1430

Enough for four persons—

4 oz. Breadcrumbs	2 Eggs
$\frac{3}{4}$ pt. Milk	$\frac{3}{4}$ oz. Butter
$2\frac{1}{2}$ oz. Castor Sugar	3 oz. Jam

Put the milk into a saucepan, add the breadcrumbs and half the sugar, bring to the boil. Allow to cool, add the yolks of the eggs and beat in. Grease a pie-dish, and pour in the mixture. Cook in a moderate oven for  $\frac{1}{2}$ — $\frac{3}{4}$  hour. Beat the whites to a stiff froth, adding a little of the sugar. Heat the jam a little, remove the pudding from the oven, spread with the jam, and cover with the beaten whites. Return to the oven and bake until the meringue (egg whites) is a pale brown. Shake over it the remainder of the sugar. Serve.

COST

$6\frac{1}{2}$ d.— $7\frac{1}{4}$ d.

## 103. SUET CRUST

Calories	Grammes
for	Protein 24
Recipe	Fat 71
	Carbo-
	hydrate 127

1243

Enough for four persons—

6 oz. Flour	Water
3 oz. Suet	Pinch of salt
$\frac{1}{4}$ tsp. Baking Powder	

Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, turn

into a greased pudding-basin, cover with greased paper, and steam for  $1\frac{3}{4}$  hours.

## COST

$2\frac{1}{2}$ d.- $3\frac{1}{4}$ d.

## 104. SUET CRUST OR DUMPLINGS

Calories	Grammes
for	Protein 43
Recipe	Fat 96
	Carbo-
2059	hydrate 255

Enough for four persons—

$\frac{3}{4}$ lb. Flour	Water
$\frac{1}{4}$ lb. Suet	Pinch of Salt
1 tsp. Baking Powder	

Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, form into balls and drop into the boiling stew. For baked suet pudding place in a greased basin or dish and bake for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

## COST

$3\frac{1}{2}$ d.- $4\frac{1}{2}$ d.

## 105. SHORT PASTRY CRUST

Calories	Grammes
for	Protein 13
Recipe	Fat 49
	Carbo-
837	hydrate 85

Enough for four persons—

4 oz. Flour	$\frac{1}{2}$ tsp. Baking Powder
2 oz. Butter	Pinch of Salt
Cold Water	

Mix the flour, baking powder, and salt. Rub the butter into the flour till it has the appearance of breadcrumbs (keeping the butter and hands cool will assist in this). Stir in the water, a little at a time, till the mixture is the consistency of firm dough, turn on to a floured board, and roll out about  $\frac{1}{2}$  in. thick. If self-raising flour is used, no baking powder is needed.

## COST

$1\frac{3}{4}$ d.

## 106. SYRUP ROLL

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
2005	31 95 257

Enough for four persons—

$\frac{1}{2}$ lb. Flour	2 tbsp. Golden Syrup
$\frac{1}{4}$ lb. Suet	1 tsp. Baking Powder

Make a suet crust by Recipe 103, using above quantities. Roll out  $\frac{1}{2}$  inch thick, spread with golden syrup, roll up, pinch the ends. Place in a floured cloth, tie firmly, put into boiling water, and boil for 2 hours. Alternatively, place the mixture in a greased pudding basin, a layer of syrup and suet crust alternately, cover with greased paper, and steam for  $2\frac{1}{2}$  hours.

## COST

$4\frac{1}{2}$ d.— $5\frac{1}{4}$ d.

## 107. TRIFLE

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
939	25 30 142

Enough for four persons—

4 oz. Sponge Cake, Recipe 121	4 oz. Orange Juice
2 oz. Raspberry Jam	$\frac{1}{2}$ pt. Custard, Recipe 83
1 oz. Macaroons	

Cut the sponge cake across and spread with raspberry jam, cut into four and place in a glass dish with the macaroons. Soak all with orange juice; when soaked pour over it  $\frac{1}{2}$  pt. custard made by Recipe 83.

## COST

8d.— $9\frac{3}{4}$ d.

## 108. YORKSHIRE PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
1109	32 65 99

Enough for four persons—

4 oz. Flour	7 oz. Milk (14 tbsp.)
1 Egg, small	1½ oz. Dripping

Put the flour in a basin with a pinch of salt. Make a well in the centre, break in the egg, add a little of the milk, and stir well. Add the rest of the milk and beat until smooth. Allow to stand for 2 hours if possible. Put the dripping into a baking-tin, and heat; when it is boiling pour in the batter and bake in a hot oven for 30–40 minutes.

Note. This recipe may also be used for Batter for fritters.

#### COST

3¼d.–4d.

### 109. YORKSHIRE PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
881	36 19 142

Enough for four persons—

6 oz. Flour	½ pt. Milk
1 Egg	Pinch Salt

Put the flour in a basin with a pinch of salt. Make a well in the centre, break the egg into it. Add a little milk and stir until smooth. Add the rest of the milk and beat well. Stand for an hour before cooking.

#### COST

3¼d.

## SAVOURIES

### 110. CHEESE PUDDING

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
852	35 58 48

Enough for four persons—

2 oz. Breadcrumbs	½ pt. Milk
1½ oz. Grated Cheese	2 Eggs
1 oz. Butter	Pepper and Salt

Beat the eggs, mix with milk, add the breadcrumbs, grated

cheese, butter, pepper, and salt; stir. Pour into a buttered pie-dish and bake slowly for  $\frac{1}{2}$  hour.

**COST**

5 $\frac{1}{4}$ d.

**III. CHESTNUT STUFFING**

Calories	Grammes
for	Protein 31
Recipe	Fat 39
	Carbo-
1063	hydrate 148

Enough for a medium turkey—

$\frac{3}{4}$ lb. Chestnuts	$\frac{1}{2}$ oz. Butter
2 oz. Milk	$\frac{1}{2}$ oz. Sugar
1 Egg (beaten)	Pepper and Salt

Cut off the tops of the chestnuts and boil for about 10 minutes, take out a few at a time and remove the outer shell and inner skin. Place in a saucepan with the milk and water if necessary, and simmer gently till tender. The chestnuts will absorb the milk, so do not let them burn. Add the butter, sugar, pepper and salt, rub through a sieve or mash to a paste, adding the beaten egg.

**COST**

4 $\frac{1}{2}$ d.-5d.

**112. MACARONI CHEESE**

Calories	Grammes
for	Protein 43
Recipe	Fat 41
	Carbo-
1108	hydrate 142

Enough for four persons—

5 oz. Macaroni	$\frac{1}{2}$ oz. Butter
1 $\frac{1}{2}$ oz. Cheese	1 oz. Flour
$\frac{1}{2}$ pt. Milk	Pinch of Salt
$\frac{1}{4}$ tsp. Made Mustard	

Boil the macaroni in salted water till tender, and strain. Melt the butter in a saucepan, add the flour and mix to a paste, season with pepper and salt, add the milk gradually, stirring all the time. Add the macaroni, 2 tablespoonfuls of grated cheese, and the mustard. Pour the whole into a greased

pie-dish, sprinkle over it the remainder of the grated cheese, and brown in the oven or under the grill.

## COST

4d.-4½d.

## 113. NUT CUTLETS

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
1499	38 116 75

Enough for four persons—

2 oz. Breadcrumbs	¼ pt. Milk
4 oz. Brazil Nuts (grated)	1 Egg Yolk
1½ tsp. Lemon Juice	Rind of 1 Lemon
1 oz. Butter	1 dsp. Fried Onion
1 oz. Flour	Pepper and salt

Grate the nuts and lemon rind. Melt the butter in a saucepan, add the flour and mix to a smooth paste with the milk, bring to the boil and cook till it thickens. Cool a little, and add the nuts, lemon rind, breadcrumbs, egg yolk, fried onions, lemon juice, pepper and salt to taste. Form into cutlets, coat with egg and breadcrumbs, and fry in deep fat.

## COST

7½d.-8½d.

## 114. PINEAPPLE TOAST

Calories for Recipe	Grammes Protein Fat Carbo- hydrate
859	15 3 192

Enough for four persons—

10 oz. Pineapple	4 oz. Pineapple Juice
5 oz. Toast (brown bread)	

Make slices of brown toast. Slice the pineapple and place on the toast. Heat the juice and pour over. Allow to get cold before serving.

## COST

5d.-8d.

# 115. TOAD IN THE HOLE

Calories	Grammes
for	Protein 128
Recipe	Fat 128
	Carbo-
2425	hydrate 201

Enough for four persons—

1 lb. Beef Sausages                      Batter, Recipe 109

Make a batter by Recipe 109. Dip the sausages into the batter and fry in boiling fat till a golden brown.

COST

## CAKES

# 116. ADA CAKE

Calories	Grammes
for	Protein 52
Recipe	Fat 78
	Carbo-
2693	hydrate 447

1 lb. Flour	3 oz. Sugar
3 oz. Butter	3 oz. Scrimp
2 tsp. Baking Powder	1 oz. Currants

Rub the butter into the flour, add the currants, sugar, and scrimp. Mix into a dough with water. Place in a greased cake tin and bake for 1 to 2 hours.

To make the scrimp, use any flare or caul from lamb or pig, place in the oven and extract all the fat, leaving only the crisp part. Break this up into very small pieces.

COST

5½d.

# 117. CHOCOLATE CAKE

Calories	Grammes
for	Protein 50
Recipe	Fat 195
	Carbo-
5014	hydrate 764

4 oz. Butter	4 oz. Castor Sugar
3 Eggs	3 oz. Grated Chocolate (not powdered)
½ lb. Flour	1 tsp. Vanilla Essence
1 tsp. Baking Powder	

Sift the flour, baking powder, and chocolate on to a piece of paper. Cream the butter and sugar together in a basin until white. Add the eggs one at a time and beat well in. Add the flour, baking powder, chocolate, and vanilla essence; lightly stir in. Turn into a tin 9 in. across, lined with greased paper. Bake in a moderate oven for 1-1½ hours.

When cold split in half, spread 1 half with filling, and cover with the other half. Pour over it the chocolate icing and decorate with dried walnuts.

### COST

10½d.-1s. od.

This mixture may be used for small cakes, but bake in a quick oven 10-15 minutes, fill, and ice.

### CHOCOLATE CAKE FILLING

2 oz. Butter

6 oz. Icing sugar

½ tsp. Vanilla Essence

Beat the butter to a cream, add the sugar, beat until white. Add vanilla essence.

### COST

3d.

### CHOCOLATE CAKE ICING

2 oz. Chocolate

½ lb. Icing Sugar

3 tbsp. Water

Break up the chocolate, place in a saucepan with the water and melt. Allow to cool to blood heat. Add the sugar, beat well in. If the icing will just coat a spoon when lifted out of the saucepan it is the right thickness. Pour it over the cake. If it is too thick add a drop or two more water, if too thin a little more sugar. Do not leave the cake until finished, because the icing sets very quickly.

### COST

3½d.-4½d.

For cake, with filling and icing, 1s. 4½d. to 1s. 7½d.

### 118. FRUIT CAKE

Calories

Grammes

for

Protein 83

Recipe

Fat 130

Carbo-

5165

hydrate 915



1 lb. Flour	$\frac{1}{2}$ lb. Currants
$\frac{1}{4}$ lb. Butter	$\frac{1}{2}$ lb. Sultanas
2 Eggs	$\frac{1}{2}$ lb. Sugar (castor)
$\frac{1}{4}$ pt. Milk	2 tsp. Baking Powder

Cream the butter and sugar, add the eggs one at a time. Beat each well in. Add half the flour and fruit, previously cleaned, then the milk and the remaining half of fruit and flour. Place in a tin lined with greased paper. Bake in a moderate oven for about  $2\frac{1}{4}$  hours.

If self-raising flour is used, do not use baking powder.

This mixture may be used for small cakes, but bake in a quick oven for 15-20 minutes.

## COST

1s.  $3\frac{1}{2}$ d.—1s. 4d.

## 119. ORANGE CAKE

Calories	Grammes
for	Protein 43
Recipe	Fat 111
	Carbo-
3977	hydrate 701

2 Eggs	$\frac{1}{2}$ lb. Flour
2 oz. Butter	1 Orange Rind and Juice
$\frac{1}{4}$ lb. Sugar (castor)	1 tsp. Baking Powder

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar together in a basin till white. Add the eggs one at a time and beat each well in. Add the sifted flour, grated rind, and orange juice—enough to make a thick creamy mixture. Turn into a tin 9 in. across, lined with greased paper. Bake in a moderate oven for 40-45 minutes. When cold split in half, spread filling on one half, and cover with the other half. Pour over it the orange icing. Decorate suitably, with silver balls, crystallized violets, etc. If self-raising flour is used, do not use baking powder.

This mixture may also be used for small cakes, for which bake in a quick oven 10-15 minutes. Fill and ice.

## COST

$5\frac{3}{4}$ d.—6 $\frac{1}{4}$ d. without decorations

## ORANGE CAKE FILLING

2 oz. Butter (fresh)	6 oz. Icing Sugar
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Beat the butter to a cream, add the icing sugar, beat until white.

## ORANGE CAKE ICING

1 Orange

 $\frac{1}{2}$  lb. Icing Sugar

Put the juice of an orange, about 2 tbsp., into a saucepan and warm slightly (blood heat). Add the sugar and beat well in. If the mixture will just coat the spoon when lifted from the saucepan, it is the right thickness. Pour over the cake, leave for a minute or two, then decorate suitably with silver balls and crystallized violets. If icing is too thick add a drop or two more juice, if too thin add a little more sugar. Do not leave the cake when icing or it will set.

## COST

2 $\frac{1}{4}$ d.-2 $\frac{3}{4}$ d. without decorations

Cost for cake with filling and icing, 11d. to 1s.

## 120 (a) PLAIN CAKE

Calories for Recipe	Grammes Protein 68 Fat 114 Carbo- hydrate 568
3576	

1 lb. Flour

2 Eggs

 $\frac{1}{2}$  lb. Butter $\frac{1}{2}$  lb. Castor Sugar

2 tsp. Baking Powder

1 oz. Milk

Cream the butter and sugar, then add the eggs one at a time, beating each well in. Sift the flour and baking powder together, add gradually to the mixture, stirring gently, add the milk—do not beat in the flour. Place in a tin lined with greased paper, cook in a moderate oven for 40–60 minutes. If self-raising flour is used, do not use baking powder.

This mixture may also be used for small cakes; these should be baked in a quick oven for 10–20 minutes.

Note. Caraway seeds may be added if liked.

## COST

8 $\frac{1}{4}$ d.

## (b) COCO-NUT CAKE

Calories for Recipe	Grammes Protein 79 Fat 212 Carbo- hydrate 622
4712	

Recipe as above plus 6 oz. Desiccated Coco-nut.

Method as above, using desiccated coco-nut.

**COST**

9½d.

# 121. SPONGE CAKE

Calories

Grammes

for

Protein 36

Recipe

Fat 19

Carbo-

1403

hydrate 271

3 Eggs

Weight of 2 eggs in Flour

Their weight in sugar (castor)

1 dsp. Jam

Beat the eggs together for 5 minutes, add the sugar and beat for 10 minutes. Add the flour, stirring gently. Turn into well-greased sandwich tins. Bake in a hot oven for about 10 minutes, till firm to the touch. Spread one half with jam and cover with the other.

**COST**

6d.

## REFERENCE LISTS FOR MENU MAKING

VERY CHEAP MEALS: BEST VALUES  
FOR SMALL COST

Breakfast Menu No.		Calories	Cost per Person
1	.	1036	2½d.
2	.	970	1d.
9	.	746	2½d.
14	.	673	1½d.
15	.	628	2½d.
19	.	547	2½d.
20	.	467	1½d.
21	.	446	2½d.
22	.	403	2d.
23	.	347	2½d.

Dinner Menu No.		Calories	Cost per Person
1	.	1423	4d.
2	.	1421	6½d.
3	.	1420	5½d.
4	.	1394	5½d.
5	.	1295	4½d.
7	.	1264	4½d.
8	.	1206	4½d.
9	.	1160	6½d.
10	.	1142	4½d.
11	.	1132	5d.
14	.	1072	4½d.
15	.	1039	4½d.
16	.	1061	4½d.
18	.	998	3d.
24	.	910	4½d.
25	.	875	5d.

Lunch Menu No.		Calories	Cost per Person
1	.	1476	4½d.
2	.	1171	6½d.
6	.	1034	3½d.
7	.	1014	4½d.
10	.	890	4d.
11	.	854	4½d.
12	.	816	4½d.
13	.	801	3½d.
14	.	753	4d.
15	.	717	2½d.

Lunch Menu No.	Calories	Cost Per Person
17 . . .	572	4½d.
18 . . .	560	3½d.
19 . . .	548	3½d.

These lunch menus will serve equally well for suppers.  
Drinks have not been included in the cost of the above meals.

## VEGETARIAN MEALS

Breakfast Menu No.	Calories per Person
1 . . .	1036
4 . . .	922
5 . . .	862
8 . . .	766
9 . . .	746
10 . . .	738
12 . . .	706
15 . . .	628
16 . . .	612
18 . . .	547

Lunch Menu No.	Calories per Person
1 . . .	1476
2 . . .	1171
4 . . .	1267
6 . . .	1034
7 . . .	1014
8 . . .	1157
10 . . .	890
11 . . .	854
12 . . .	816
14 . . .	753
18 . . .	560
19 . . .	548

These lunch menus will serve for supper menus.

Salad Menu No.	Calories per Person
1 . . .	816
2 . . .	742

Snack Menu No.	Calories per Person
4 . . .	377
6 . . .	354
9 . . .	309
10 . . .	257

## REFERENCE LISTS FOR MENU MAKING

Snack			Calories per
Menu No.			Person
11	.	.	231
14	.	.	183

Fruit Breakfast			Calories per
Menu No.			Person
4	.	.	922
5	.	.	862
8	.	.	766
10	.	.	738
15	.	.	628
16	.	.	612
18	.	.	547

## PRICES IN LONDON DISTRICTS, 1934-5

VARIATIONS in prices are according to season and district.

Low prices in meat list refer to foreign meats. Frozen meat is as nourishing as home killed.

(Liver, Kidney, Heart, Sweetbread, Tripe, Tongue, and Brain are high in protein and also have high vitamin and iron values; most of these are home killed.)

Amount of Waste about	MEATS	PRICE	
		From	To
	<b>Beef</b>		
	Brisket . . . . . Per lb.	6½d.	9d.
	Flank (thin) . . . . . "	3½d.	6d.
	Rump Steak . . . . . "	1/8	2/6
	Salt Beef Flank (thick) . . . . . "	4d.	10d.
¼	Sirloin . . . . . "	9d.	2/-
	Shin . . . . . "	8d.	1½
	Stewing Steak . . . . . "	6d.	1½
	<b>Lamb</b>		
¼	Cutlets . . . . . Per lb.	10d.	1/6
⅓	Leg . . . . . "	10d.	1/7
½	Shoulder . . . . . "	9d.	1½
	<b>Mutton</b>		
¼	Neck (Middle) . . . . . Per lb.	4½d.	1½
½	Scrag . . . . . "	4½d.	10d.
	<b>Pork</b>		
	Breast . . . . . Per lb.	10d.	1½
½	Leg . . . . . "	1/-	1/6
¼	Pig's Head . . . . . Whole Head	1/3	
	<b>Bacon</b>		
	Ham . . . . . Per lb.	10d.	1/6
	Back (Middle, Streaky) . . . . . "	8d.	1/6
1/8	Corner . . . . . "	6d.	1/6
1/6	Collar and Flank . . . . . "	6d.	1/6
	<b>Veal</b>		
1/10	Cutlets . . . . . Per lb.	2/2	2/4
	<b>Miscellaneous</b>		
	Dripping . . . . . Per lb.	4d.	8d.
	Kidneys (Ox.) . . . . . "	1/5	1/7
	Liver (Ox, sheep's or calf's) . . . . . "	10d.	2/-

Amount of Waste about	MEATS	PRICE	
		From	To
$\frac{1}{2}$	Oxtail . . . . Per lb.	6d.	1/-
	Pig's Fry . . . . "	10d.	1/-
	Sausages (Beef) . . . . "	6d.	6d.
	Sausages (Pork) . . . . "	1/-	1/4
	Sweetbreads (Ox) . . . . "	1/6	3/-
	Suet . . . . "	8d.	1/-
	Tripe . . . . "	8d.	10d.
$\frac{1}{2}$	Trotters (Pig's) . . . . "	8d.	1/-
	Game		
$\frac{1}{2}$	Chicken . . . . Per lb.	1/-	1/6
$\frac{1}{2}$	Duck . . . . "	1/-	1/6
$\frac{1}{2}$	Rabbit . . . . "	4d.	6d.
$\frac{1}{2}$	Turkey . . . . "	1/-	2/-
	FISH		
	Whole fish		
$\frac{1}{2}$	Bloaters . . . . Per lb.	6d.	8d.
$\frac{1}{2}$	Cod . . . . "	8d.	1/-
$\frac{1}{2}$	Eels . . . . "	1/-	1/8
$\frac{1}{2}$	Haddock . . . . "	8d.	1/2
$\frac{1}{2}$	Hake . . . . "	1/2	1/4
$\frac{1}{2}$	Herring (Fresh) . . . . "	6d.	8d.
$\frac{1}{2}$	Kipper . . . . "	6d.	8d.
$\frac{1}{2}$	Mackerel . . . . "	6d.	8d.
$\frac{1}{2}$	Plaice . . . . "	1/2	1/6
$\frac{1}{2}$	Salmon . . . . "	2/6	3/3
$\frac{1}{2}$	Skate . . . . "	10d.	10d.
$\frac{1}{2}$	Sole . . . . "	1/2	2/6
$\frac{1}{2}$	Sprats . . . . "	4d.	6d.
$\frac{1}{2}$	Whiting . . . . "	1/2	1/6
	Fish Roes . . . . Per lb.	7½d.	1/3
	Shell Fish		
	Cockles (shelled) . . . . Per Pt.	8d.	8d.
	Shrimps . . . . "	4d.	6d.
	Winkles (shelled) . . . . "	6d.	6d.

GROCERIES	PRICE	
	From	To
Apricots (tinned) . . . . Per lb.	6½d.	10d.
Allenbury's Cereal (14 oz. packet)	1/-	1/-
Baked Beans (Haricot) . . . . Per lb.	4d.	6d.
Bemax . . . . "	2/6	2/6



Amount of Waste about	GROCERIES	PRICE	
		From	To
	Bread (White) (2 lb. loaf)	3½d.	3½d.
	Bread (Wholemeal) (1 lb. loaf)	2½d.	3d.
	Butter . . . . . Per lb.	10d.	1/2
	Cheese . . . . . "	8d.	1/-
	Chocolate . . . . . "	1/-	1/8
	Cocoa (½ lb. tin)	3d.	5½d.
	Coco-nut (desiccated) . . . . . Per lb.	2½d.	2½d.
	Cornflakes (½ lb. packet)	6½d.	6½d.
	Cornflour . . . . . "	4d.	8d.
	Currants . . . . . "	6d.	8d.
	Cream (20 oz. or 1 pt.)	3/6	3/6
	Cream Cheese . . . . .	1/-	1/4
	Eggs . . . . . each	1d.	2½d.
	Flour . . . . . Per lb.	2d.	2d.
	Force (½ lb. packet)	7½d.	7½d.
	Gelatine (½ lb. packet)	11d.	1/1½
	Golden syrup . . . . .	5d.	5d.
	Grape-fruit (tinned) . . . . . Per 1½ lb.	9d.	10½d.
	Honey . . . . . Per lb.	10d.	1/-
	Jelly (Red Currant) . . . . . "	1/6	1/6
	Lentils . . . . . "	3d.	3d.
	Macaroni . . . . . "	3½d.	3½d.
	Marmalade . . . . . "	5d.	6d.
	Marmite (2 oz. jar)	10d.	10d.
	Mayonnaise 7 oz. (C. & B.'s)	10½d.	10½d.
	Milk (1 pint)	3d.	3½d.
	Oatmeal . . . . . Per lb.	3d.	5d.
	Olives (2½ oz.)	9½d.	9½d.
	Olive Oil (½ pint)	6d.	6d.
	Ovaltine (tins, first two sizes)	1s. 1d.	1s. 10d.
	Peas (green, whole, dried) . . . . . Per lb.	3d.	4½d.
	Peas (split) . . . . . "	2d.	4d.
	Pears (tinned)	7½d.	8½d.
	Pineapple (tinned)	4½d.	6d.
	Raisins . . . . . "	7d.	10d.
	Raspberry Jam . . . . . "	6d.	9d.
	Rice . . . . . "	2½d.	4d.
	Sardines . . . . . "	1/8	4/-
	Shredded Wheat (12 oz. packet)	8d.	8d.
	Sugar, granulated . . . . . Per lb.	2½d.	2½d.
	Sugar, lump. . . . . "	3d.	3d.
	Sugar, Icing. . . . . "	3½d.	3½d.
	Sugar, Brown . . . . . "	2½d.	2½d.
	Sultanias . . . . . "	6d.	8d.
	Tribrek (½ lb. packet)	7½d.	7½d.
	Vinegar (1 pint)	4d.	6d.
	Vita Weat (28 pieces)	10d.	10d.

Amount of Waste about	GREENGROCERIES		PRICE	
			From	To
	Almonds . . . . .	Per lb.	2/-	2/-
	Apples (Eating) . . . . .	"	4d.	6d.
$\frac{1}{4}$	Apples (Cooking) . . . . .	"	3d.	3d.
$\frac{1}{2}$	Bananas . . . . .	each	1d.	1 $\frac{1}{2}$ d.
	Beans (Runner) . . . . .	Per lb.	1d.	4d.
	Beetroot . . . . .	"	4d.	6d.
	Blackberries . . . . .	"	4d.	6d.
$\frac{1}{2}$	Brazils . . . . .	"	8d.	10d.
	Brussels Sprouts . . . . .	"	1d.	4d.
$\frac{1}{4}$	Cabbage or Greens . . . . .	"	1d.	1d.
	Carrots . . . . .	"	1d.	6d.
$\frac{1}{4}$	Cauliflower . . . . .	"	2d.	4d.
$\frac{1}{2}$	Celery . . . . .	Per head	3d.	5d.
	Cherries . . . . .	Per lb.	6d.	8d.
	Chestnuts . . . . .	"	4d.	4d.
	Cranberries . . . . .	"	6d.	6d.
	Damsons . . . . .	"	4d.	6d.
	Dates . . . . .	"	3d.	6 $\frac{1}{2}$ d.
	Figs . . . . .	"	4d.	1/-
	Gooseberries . . . . .	"	3d.	5d.
$\frac{1}{4}$	Grape-fruit . . . . .	each	3d.	6d.
	Leeks . . . . .	Per lb.	1 $\frac{1}{2}$ d.	2 $\frac{1}{2}$ d.
$\frac{1}{4}$	Lemons . . . . .	each	1d.	1 $\frac{1}{2}$ d.
$\frac{1}{4}$	Lettuces . . . . .	"	1d.	4d.
$\frac{1}{4}$	Marrows . . . . .	"	1d.	3d.
$\frac{1}{2}$	Melons . . . . .	"	4d.	6d.
	Mushrooms . . . . .	Per lb.	8d.	2/-
	Onions . . . . .	"	1d.	1d.
$\frac{1}{4}$	Oranges . . . . .	each	$\frac{1}{2}$ d.	1d.
	Parsnips . . . . .	Per lb.	1 $\frac{1}{2}$ d.	3d.
$\frac{1}{4}$	Peas . . . . .	"	1d.	4d.
$\frac{1}{4}$	Pears (eating) . . . . .	"	8d.	1/4
	Peanuts . . . . .	"	4d.	6d.
	Plums . . . . .	"	4d.	6d.
$\frac{1}{4}$	Potatoes . . . . .	"	1d.	1d.
	Prunes . . . . .	"	6d.	10d.
$\frac{1}{4}$	Radishes ( $\frac{1}{2}$ lb. bunch) . . . . .	"	1d.	4d.
	Raspberries . . . . .	Per lb.	6d.	9d.
$\frac{1}{4}$	Savoys . . . . .	"	1d.	1d.
$\frac{1}{4}$	Spinach . . . . .	"	1d.	3d.
	Strawberries . . . . .	"	6d.	8d.
	Tomatoes . . . . .	"	4d.	10d.
$\frac{1}{4}$	Turnips . . . . .	"	1d.	1d.
$\frac{1}{4}$	Turnip Tops . . . . .	"	1d.	3d.
$\frac{1}{2}$	Walnuts . . . . .	"	10d.	10d.
	Watercress . . . . .	"	4d.	6d.

## CONCLUSION

**THERE** is much to be learned in buying: the cost of food values depends on good marketing; the value is in the edible portion, but money has to be paid for all waste parts, the bone of meat, the skin of fruit, the outside leaves of vegetables.

There is also much to learn in the science and art of cooking. Unless there is knowledge in the kitchen, many of the salts of vegetables will be thrown down the sink, the green part of leaf vegetables will not be valued, perfect freshness will not be appreciated. Knowledge brings the realization that burned or decayed food has undergone other chemical changes, and that unless the fibres of meat and cereals are sufficiently softened their goodness cannot be used by the body—food cannot be nourishing unless it is in a form to nourish.

The time is coming when the art of cookery will work together with dietetics and “do for medicine what asepsis has already done for surgery.” And the people of the nation will not “look up with pale and sunken faces” and make us sad, and malnutrition will be a thing of the past.

“Given sufficient knowledge and money.”

## REFERENCE BOOKS

"Analyses and Energy Value of Foods," by R. H. A. Plimmer.

"Food and the Principles of Dietetics," by Hutchison and Mottram.

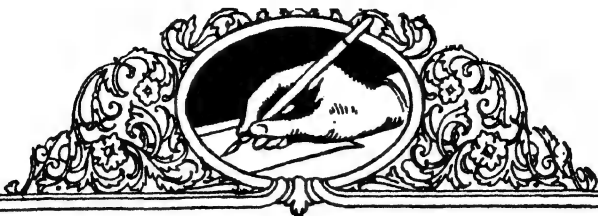
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"Vitamins in Theory and Practice," by Dr. Leslie J. Harris (Cambridge University Press, 1935).



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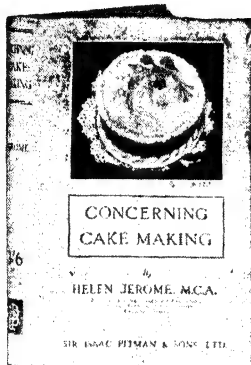
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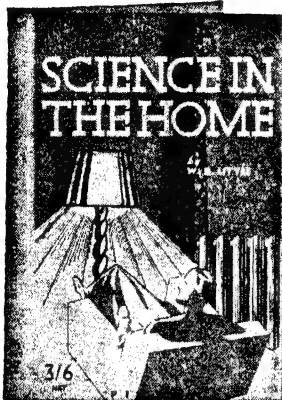
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